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SHE'S STILL GOT IT...

#311



PAMELA ANDERSON
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ED'S LETTER...

It's easy to remember the iconic moments in life. Things like your dad teaching you how to ride a bike, or the first film that made you utter the words, "It's OK, I've just got something in my eye." (Cheers for that, *Marley & Me*.)

But an iconic person: that's a different matter. An icon is someone so famous that they're instantly recognisable by their first name alone. A name like… Pammy.

During the 1990s, Pamela Anderson was the most famous woman on the planet – an angel in a red swimsuit on *Baywatch*. Now she's back – and even sexier than before. Don't believe us? Check out our exclusive interview on p60.

We also pay a visit to the NBA Draft, a less teary *X Factor* for basketball that sees the best college players snapped up by teams in an all-American media merry-go-round.

One of the things this magazine prides itself on is helping our readers to improve their existence. And we've really done it this month with our Business-Class Your Life feature on p54. Read it, and you'll never turn right on an aeroplane again. As ever, thanks for buying the magazine.

Damien McSorley, Editor-In-Chief



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LOOK AWAY NOW IF YOU DON'T WANT TO KNOW WHAT'S IN THE ISSUE



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THE TEAM

WHAT FHMERS HAVE BEEN UP TO THIS MONTH

WE HAD A SHINDIG

Bottle poppin' is our favourite hobby here at *FHM*, so a huge, booze-addled thanks to Patron and Peroni for providing us with the drinky-poos (and to Ben Pearce, who gave us the tunes) at our star-studded *FHM Collections* party at the Hoxton Hotel, London.

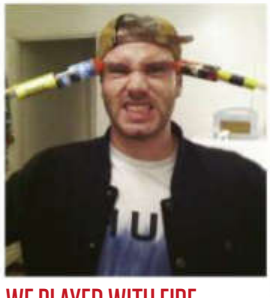












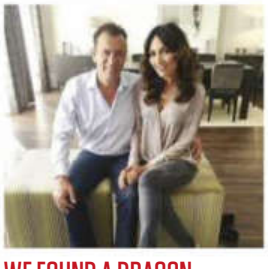
WE PLAYED WITH FIRE

Deputy art director Jamie organised a massive fireworks blow-out for our Tested feature (p128). Let this be a warning: writing a magazine with missing fingers is very tricky.

WE MET A MAYOR

Tourism Ireland took Web Editor Elizabeth to Kilkenny where she ended up meeting the mayor and waving about his metal sticks. This one now has pride of place by the *FHM* vending machine.





WE FOUND A DRAGON

This month we knocked on the door of former Dragon Duncan Bannatyne's London pad for an interview. Was he in, or was he out? He was in, obviously, otherwise we wouldn't have got this picture. Keep up.

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FHM ISSN 0966-0933 is published 12 times a year by Bauer Consumer Media Ltd Airfreight and mailed in the USA by agent Air Business Ltd, c/o Worldnet Shipping Inc, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA. Periodicals postage paid at Jamaica NY 11431. US Postmaster: send address changes to FHM, Air Business Ltd, c/o Worldnet Shipping Inc, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA. Subscription records are maintained at Bauer Media Subscriptions, CDS Global, Tower House, Sovereign Park, Lathkill Street, Market Harborough, Leicester, LE16 9EF, United Kingdom. Air Business Ltd is acting as our mailing agent.

FHM

IT'S GREAT TO BE A MAN

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Art Director Barney Hammond
Production Editor Sarah Wolfe
Picture Editor Mandy Rowson
Acting Deputy Editor Anthony Teasdale
Upgrade Editor Tom Ward
Fashion Editor Daisy Deane
Deputy Art Director Jamie Inglis
Deputy Fashion Editor Carlotta Constant
Chief Writer Matt Blake
Web Editor Elizabeth Atkin
Social Media Editor Nick Pope
Art Assistant Tom Morgan
Web Writer Ben Scott
Motoring Editor Conor McNicholas
Relationship Editor Girl On The Net
Email us: name.surname@fhm.com

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Cristiano Ronaldo
shot exclusively
for *FHM* by
Nathan Gallagher

Next month, FHM talks exclusively to the world's greatest footballer*

Out 5 November

*Sorry Messi, but it's true.

LETTERS 11/15

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Dedicated to the cause

In a desperate bid to win your Letter of the Month prize, I've gone all out and covered all of my furniture in *FHM* scraps. I hope that this is enough to be picked as the winner, otherwise I might just have to show you how much of a proper devoted fan I am by covering my whole home in *FHM*. Don't make me do that. Please don't make me do that.
Steven, via email
We're waiting, Steven. Come on now…





A tribute to a hero

I read your *Rule Breakers* story in the October issue about Giles Duley in awe. A documentary photographer who lost both his legs and an arm when he stepped on a landmine in Afghanistan, 18 months later he continues to work in war zones. What an amazing man. Being a war photographer must be hell at times, but he's produced some extraordinary photos that keep us informed.
Harri, via email

We played cupid

Thank you, *FHM* – you changed my life. Years ago, you ran a feature called *100 Great Adventures*. Number 93 was a camel derby in Kenya. Your article promised an unbeatable anecdote, and it was not wrong. But, more importantly, I also met a hot American photographer and when I left Kenya, a long-distance romance ensued. Over the years, that distance got shorter and shorter and, in a few weeks' time, she'll become my wife. If I hadn't read that article, I'd never have met her. You have my infinite gratitude.
Tom, via email
There's not a dry eye in the house here, Tom. How about a huge TV as a wedding present?

Letter of the month

Don't worry, be happy

Your article 'The Rise of Generation Kidult' struck a chord. In the '70s, no one lived together before getting hitched, so if they wanted to enjoy the benefits of married life, they had to put a ring on it. My partner and I have a mortgage. We like holidays. We want kids but don't feel rushed to make them. We have a lot more freedom these days and we should be thankful.
Ceri, via email
You sound loaded, Ceri – can you lend us 10 quid? Cheers.



Great to have you back

I was a loyal subscriber to *FHM* for years, but recently cancelled my subscription. I spent a few months trawling the shelves of newsagents and tried some different options, but I really missed your format and features. I checked out your last issue and bingo! Not only did you have the gorgeous Jorgie Porter on the cover, but then I find out that Pammy's back too! Subscription here I come – I feel like I'm home again. Thank you, and keep it up.

Nigel, via email

It's great to have you back after your sabbatical, Nigel. You've left us all very chuffed – consider us besties for life.



Mr Lova-lova

I love women very much.

Wael, via email

We're sure they'll be delighted to hear it.



Cine cynic

Your recent feature on trends made me think about the spread of padded seating at my local cinema. Does anyone really care? To get an extra tenner out of me, I demand a hot tub, a burger and a remote control so I can pause the movie during loo breaks.

Simon, via email

We were in full support of this until we imagined the burger bits stuck to the bottom of the hot tub. Then we were sick.



#FHMManFood of the month

Bottle clinks all round to Matt Boroman who, through the power of hashtagging and meat grilling, has bagged a crate of BrewDog Punk IPA. Here's what *FHM* chef DJ BBQ had to say about it: "Would you take a look at this double-stack patty pyramid, slathered in avo salsa, red peppers and tongue-tremblin' rocket? Glory to Mattimus, and all he grills before him."

SHOW US YOUR MAN FOOD!

Every month, we select the greatest culinary triumphs that have been submitted on Twitter and Instagram. Are you the king of crisp sarnies? Do you make incredible pulled pork? Tell #FHMManFood for a chance to win.

@fhm @fhmagram

Send us your letters...

WIN A 32" TELLY AND A COPY OF *GOOD PEOPLE* ON DVD

Got something insightful to say about the mag? Then tell us about it! To celebrate the release of *Good People* starring James Franco and Kate Hudson on DVD and Blu-ray, we're giving away a 32in TV and a copy of the movie.

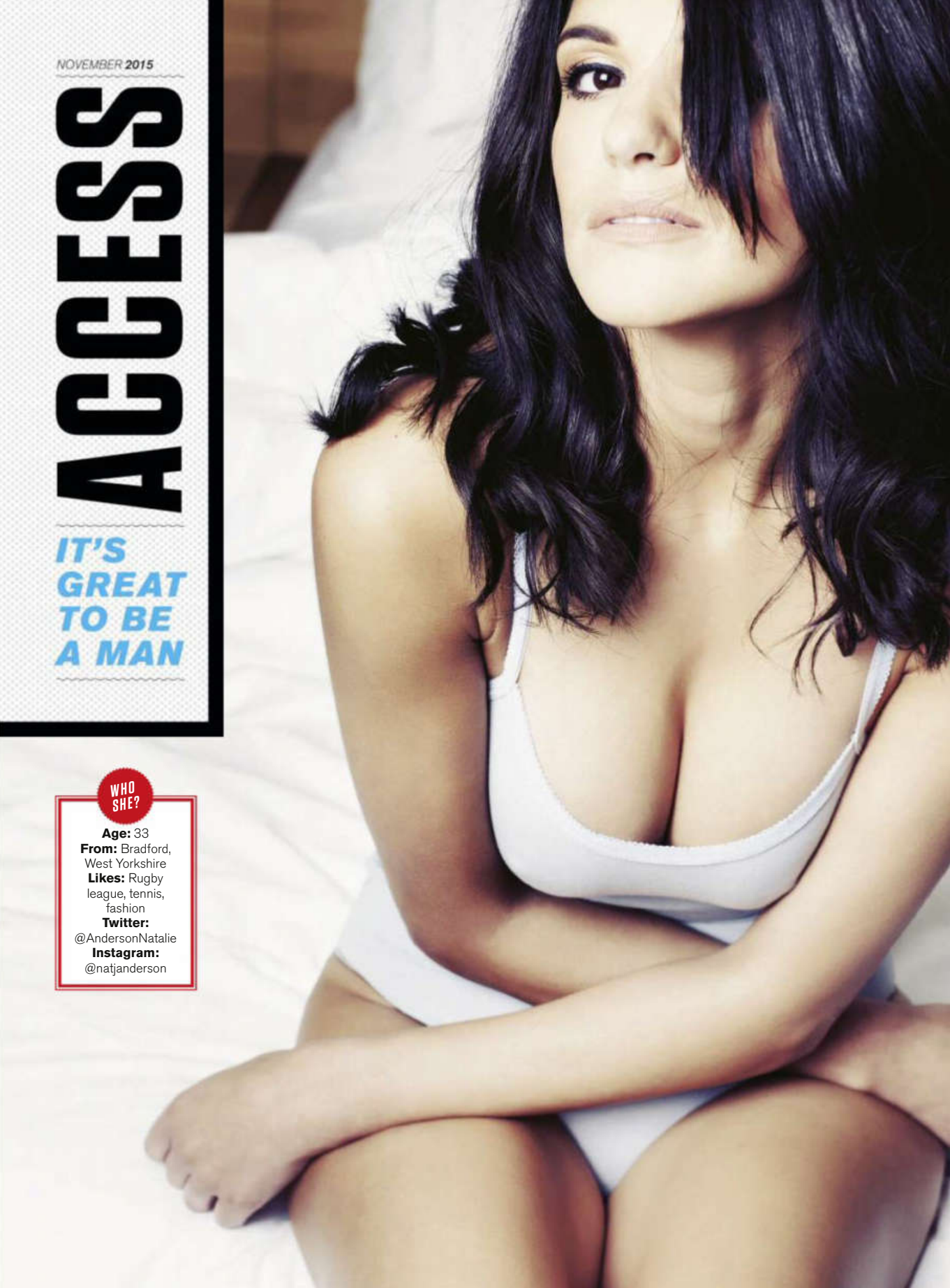
The thriller follows a debt-stricken couple in peril after stealing money from their dead tenant's apartment.

Send us a letter (with a picture if poss) via one of the ways on the opposite page for your chance to win.



ACCESS

IT'S GREAT TO BE A MAN



WHO SHE?

Age: 33
From: Bradford, West Yorkshire
Likes: Rugby league, tennis, fashion
Twitter: @AndersonNatalie
Instagram: @natjanderson



Nat safe for work

Would Wife

FORMPHOTOS.CO.UK

ANDREW LOWRY

From the rolling hills of *Emmerdale* to the beaches of Barbados, Natalie Anderson really is going places

Chips 'n' gravy. The songwriting of Noel Gallagher. Alan Shearer's 'mesmerising' displays on *Match Of The Day*. Face it, the list of great things that the north of England is responsible for producing just goes on and on.

What's more, if you've seen *Emmerdale* at all in the past few years – and who hasn't? – you'll know that Natalie Anderson, who played Alicia Metcalfe on the show for five years, is a firm presence on this list, too.

But now Bradford-born Nat has left the soap, she's readying the next stage of a career that's taken in everything from recording an album in Denmark to singing Kate Bush songs on ITV's crazy celeb music gameshow *Your Face Sounds Familiar*. So just how is Operation Nation's Sweetheart going? Pretty darn well, if you ask us...

You were on *Emmerdale* for five years – did you often get that thing where people on the street think you're actually the character?

All of the cast answer to two names now – I answer to Alicia almost as much as I do to Natalie. If someone calls me that, I'll turn round every time. It's the same for everybody that works in a soap – you get used to being two people.

Now you're moving on from soapland, what else have you got coming up?

I'm doing some travel reporting at the moment – I'm off to Barbados soon. It sounds great, but I hate flying. I still get scared of it and can't stand the turbulence. It's terrified me since I was a child. I need to have a glass of wine just to get on the plane, then I sit by the window and imagine that I'm flying it myself. Then it's OK.

You were on *Pop Idol* in 2001. Was Simon Cowell as scary as he seems?

No, he was lovely! That whole experience was overwhelming. I was only 19. I was in Will Young's group at the auditions, and he was amazing. I remember my mum calling me after she'd seen him on TV, and she said, "Darling, I'm just letting you know, I think this boy's going to win." I was just like, "Um, thanks Mum."

Have you seen Simon at all since?

Yes! I went up to him at some event, and he just looked at me and said, "I remember you. You've got better with age." I said back to him, "I wish I could say the same about you." It was funny – we both knew we were joking.

Would Wife



“I love watching sport – I’ll be shouting at the TV in the pub like everyone else”



He's quite something. When I saw him, there was a queue of women there to get his autograph.

Is it true you used to be a cheerleader?

I was, for Bradford Bulls rugby league club. We had to wear these tiny costumes in the middle of February, and jump around like we were fine when we were really turning blue. I often wasn't sure if I was going to make it to the end of the match. I also used to sub in for the mascot if the man didn't turn up. You'd have to stick your head in this dirty, sweaty old costume. It stank. The only good thing about it was that it was warm.

Do you ever bust out the routines on a night out?

When the old squad gets together, we've been known to air a routine or two. It's terrible for anybody around us, but we don't care. All we need is the right Britney track to come on and we're well away.

So you're quite into your sport then?

I love rugby – it's how I met my husband [rugby league player James Shepherd]. A huge part of our relationship was spent sat watching it in the pub and it really helped us bond. Nine times out of 10 I was the only girl, but I'd be shouting at the TV like the rest of them. I enjoy a lot of sport: I went to Wimbledon this year and I also love Formula 1. The only sport I'm not really a massive fan of is football.

Do you play any sports?

I used to play in the Emmerdale cricket team. Well, I say 'play' – I did my best. I'm in for a penny, in for a pound, me – I'll try anything. I'm not as clued up with it as I am with rugby, though.

Isn't cricket a bit of a snooze?

No! It's an excuse to do nothing all day and nobody can tell you off. If you've got lovely weather, you can sit in the sun with a few cans. What more do you need? If that doesn't sell it to you, I don't know what will. **FHM**



Would Wife

“I’m in for a penny, in for a pound – I’ll try anything”

PROMOTION





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HOW I DID IT...

ANTHONY CROLLA, 28, PROFESSIONAL LIGHTWEIGHT BOXER

I'll never forget that first punch to the nose. I was 11, sparring against an older, bigger kid who wasn't holding anything back. He jabbed me straight on the nostrils, and you know what? I loved it.
Boxing was my destiny. My dad, a fighter himself, had been dragging me along to his gym from the age of seven. Turns out I was a natural.
When I won my first junior trophy, I sat and stared at it for hours. Regardless of how much I've achieved, it still looks like the title belt to me.
They call me Million Dollar Crolla. Mostly because it rhymes, but also because of the Clint Eastwood film. Nothing to do with money, unfortunately.
Never give yourself an inch. I train ridiculously hard so I can walk into the ring knowing I've done all I can. No regrets – you owe that to yourself.
Strong men attract strong women. I've learnt so much from the women in my life, and I'm very thankful for that.
Family is everything. Sometimes, that's what makes this job so hard. I've taken a lot of blows, but nothing hurts more than not seeing my little boy.
Ultimately, success is about sacrifice. I've never considered packing it in – even after a burglar left me with severe head injuries a month before my title fight. My neighbour's alarm was going off, so I went to check it out. I caught two guys in his house, and chased them down the street. I caught one of them, then felt a concrete slab crash against the back of my head.
He fractured my skull and broke my ankle. I was stumbling home, my head cut wide open, and all I could think about was rearranging my schedule. I couldn't fathom not fighting for the title. I'd come too close.
I believe in doing the right thing. I think we should all try to look after one another. It's nothing to do with bravery.
The sporting world rushed to my support. Young amateurs and big names. Even old ladies would stop me on the street to wish me well. I may have missed out on that fight, but I grew as a man.
When I finally got the title shot, it was in front of my home crowd. I used to save up to watch boxing at the Manchester Arena and then there I was, walking to the ring, chants shooting through my body like electricity. No buzz from drinking or drugs could ever match that.
You're defined by how you react to disappointment. I was shocked when they declared my fight against Darleys Perez a draw. The whole arena thought I'd won. But I was blessed to fight in front of a home crowd.
They've granted me a rematch, and a second chance to win the title. It's been a hard road, but that'll just make the win all the sweeter.
I just want to be known as an honest, hardworking fighter. When it all ends, I want people to remember how much I wanted to win. That's what really matters.

Anthony Crolla will fight in the rematch with Darleys Perez on 21 November



WORDS: NICK POPE. PHOTOGRAPHY: PA PHOTOS

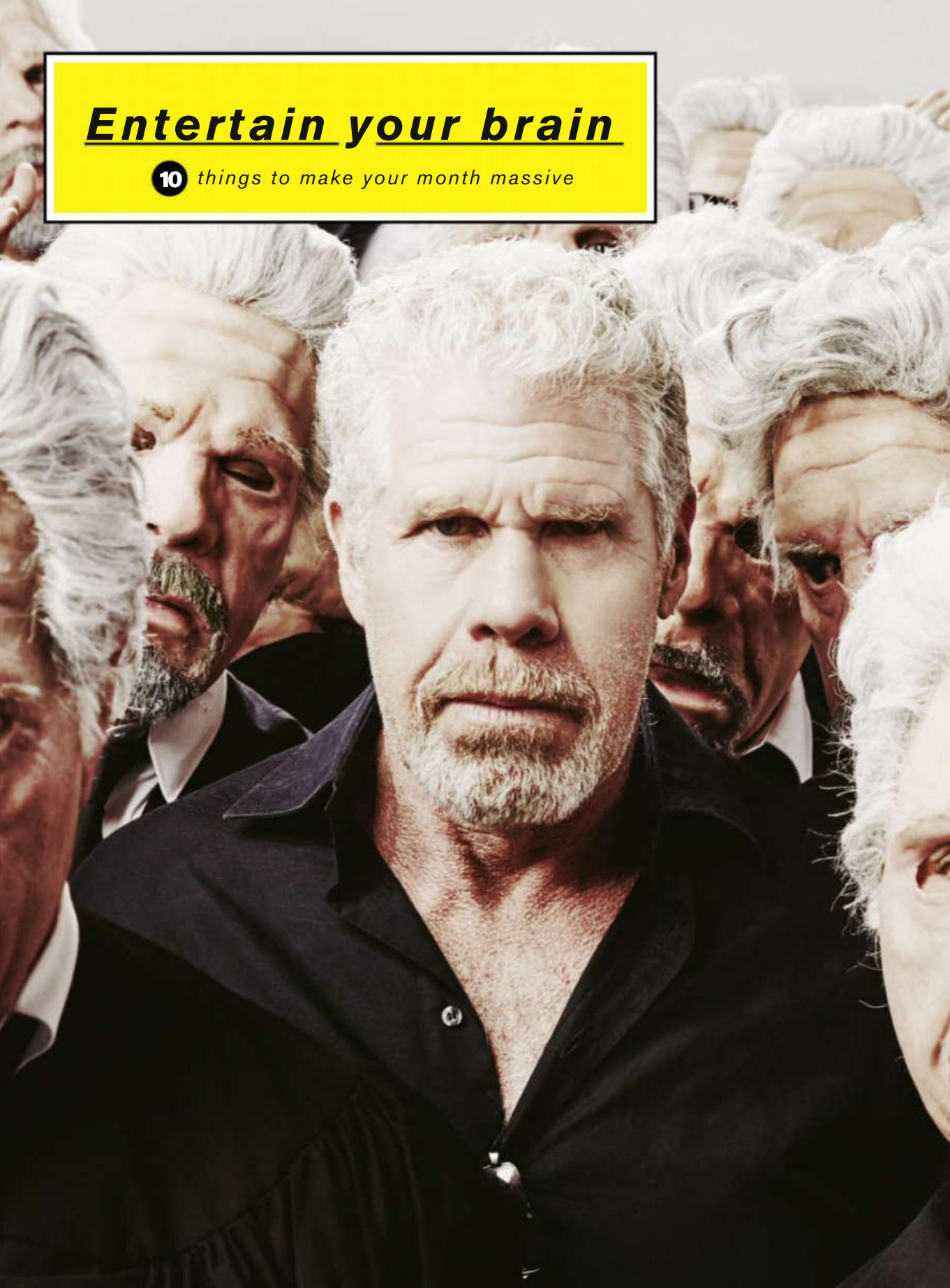

Gunning
for the title

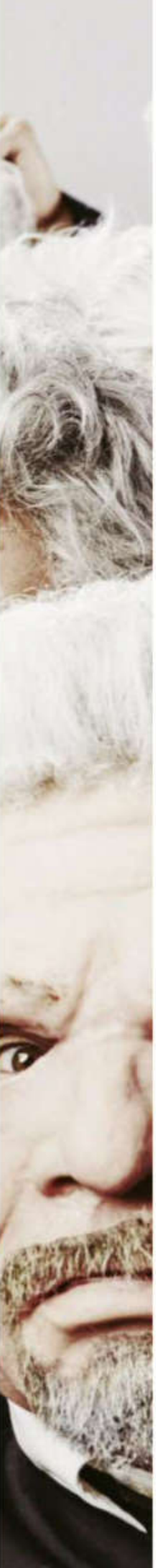

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10 *things to make your month massive*





01

New show

Go on a quest for revenge with Ron Perlman

He burnt up your screen as a bike gang kingpin on *Sons Of Anarchy* and as the demonic avenger Hellboy, in, er, *Hellboy*. Now, Ron Perlman is playing the lead in Amazon Prime's brutal new revenge show *Hand Of God* – and we caught up with him to get the lowdown…

***Hand Of God* is about a judge looking for vengeance – have you ever wanted to get some revenge yourself?**
Life is a series of negotiations with myself about not taking matters into my own hands. There are so many motherfuckers here in Hollywood. You just want to kick ass and level the playing field – you want to stop these people putting other people what they've put you through. You've got all these impulses you've got to squash.

Blimey. What attracted you to *Hand Of God*?
It creates this world full of things that fascinate me – power, faith, loyalty, friendship, fidelity and infidelity. It's amazingly emotionally charged. I just hoped we could pull it off, and I think we did.

You weren't an overnight success – do you think that taught you a bit of grit?
Yeah, it's the struggle that shapes you. I sometimes pinch myself about my fortune. I feel like someone is going to wake me up one day and just tell me that it's all been a big joke. It means that you take nothing for granted.

***Sons Of Anarchy* recently ended – do you see that as your signature role?**
I've been in the game long enough to wire myself for failure, so when something actually resonates you're pleasantly surprised. No one could have predicted we'd get the reception we got.

Do you get approached by a lot of bikers?
Oh man, you bet. Long hair, denim, the works. I get all kind of people coming up to me, but it's always cool. The show is alive and well in the hearts of many.

Finally, is there any chance of *Hellboy 3* happening?
I'm up for it – I feel an obligation to close the deal with the fans, and resolve the story. I'd like to deliver on that promise.

Hand Of God *is available to stream on Amazon Prime now*



02

Must-see movie

Witness the year's first big Oscar contender

You won't do better down the pictures this month than *Sicario*, a bruising thriller looking at the Mexican drug war. Taking several leaves out of the *Heat* playbook, it follows Emily Blunt's fed as she's forced to negotiate her way between dodgy officials on both sides of the border – and with some of the best action of the year, it's got brains *and* brawn. Expect Oscar to come calling.

Sicario is released on 8 October

PHOTOGRAPHY: GETTY IMAGES / MAARTEN DE BOER

03

Inventions

Start a business with Bizzle

This month sees the release of Hollywood biopic *Steve Jobs*, a Michael Fassbender-led look at what made the late Apple mastermind one of the greatest businessmen in history.

But it's about time we found a successor to the creative crown, do-not-cha-think? That's where Lethal Bizzle – legendary grime star, catchphrase king and business brain – comes in.

We asked the dench-est man in music to come up with some world-changing inventions, and put them to the test against former dream-destroying Dragon Duncan Bannatyne…



BIZZLE'S IDEA	DUNCAN'S VERDICT
APP	
"A map pin-pointing every single chicken shop in the country. It would rate menu variety, the greasiness of the food and, most importantly, whether they charge for dips."	**"I'd prefer to have an app that pointed out where the nearest health food store is. Ridiculous idea."**
CAR	
"A 10,000 BHP flying car with 40-inch rims, a video projector and a 2,000 watt bum-rumbling speaker underneath every seat. I haven't quite worked out the logistics yet, but it's only a matter of time."	**"Cars will fly at some point, but electric cars are the way forward. Nope."**
COCKTAIL	
"I'm sick at cocktails, so trust me on this: rum, vodka, gin, tequila, grenadine, a dash of pineapple juice, and exactly three paper umbrellas. I call it the Kiss Of Death."	**"This guy is completely and utterly crazy. Less alcohol, more coconut water."**
SOCIAL MEDIA	
"Mix Facebook and Tinder together and what do you get? Bangs. None of this poking nonsense – click on a profile, have a gander, then ask the big question: are you gonna bang, doe?"	**"Do you know what, I think this might work. He should give it a go."**
KITCHEN APPLIANCE	
"An underground tube that siphons grease from my George Foreman grill and delivers it to local takeaway shops. For a price, of course."	**"I love my George Foreman, so I don't know why anybody would even get a takeaway. I'm out."**



Lethal Bizzle is touring throughout October with his Denchchat tour.
Duncan is working with children's charity Operation Smile (operationsmile.org.uk)

PHOTOGRAPHY: ANDY COTTERHILL, GETTY IMAGES



04

Girl crush

Meet the new scream queen

Halloween lurks just around the corner, ready to leap out when you least expect it. It's time to reach for the horror corner of your DVD collection or streaming service of choice – or you could check out *The Green Inferno*, Eli Roth's latest bloody shocker.

It stars the hugely talented Kirby Bliss Blanton, who, as well as having a name that sounds like a science fiction law firm, is shaping up to be the go-to gal for horror directors the world over. She doesn't lack grit: *Inferno*, about a band of do-gooders coming to sticky ends in the Peruvian jungle, was a tough shoot. "Our main location was an hour's drive and then an hour's boat ride from where we were staying, which was already in the middle of nowhere," she says. "It was crazy – the mosquitos couldn't get enough of me. I was getting shots every night to make the swelling go down."

Sounds lovely – and that's without factoring in the, er, plentiful prosthetics Kirby had to wear for one key scene.

But enough of all that – has she a horror recommendation for your Halloween spooktacular?

"I love *Hostel*," she says . "It's the scariest film I've ever seen."

Given *Hostel* was directed by one E Roth, it seems Kirby can both act *and* stay on-message.

The Green Inferno *is out now*

PHOTOGRAPHY: LESLIE ALEJANDRO. STYLING: SCOTT LOUIE. MAKE-UP: NICOLE WALMSLEY. HAIR: ASHLEY LYNN HALL

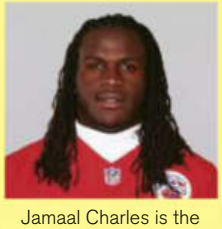
05

Sport

Go nuts over the NFL

Rugby with hats touches down this month for a series of matches at Wembley – but who are the teams? Here are four of those competing…



THE TEAM	Miami Dolphins	Detroit Lions	Kansas City Chiefs	Buffalo Bills
ALL-TIME RECORD LEAGUE POSITION	Superbowl Champions in 1973 and 1974	**Four NFL championships in 1935, 1952, 1953 and 1957**	Winners of three AFL championships in 1962, 1966 and 1969	**Two consecutive AFL titles in 1964 and 1965**
STAR PLAYER	 Branden Albert is one of the best offensive tacklers in the business. Trust us, he could end you and not even notice.	 **Wide receiver Calvin Johnson was voted the sixth best NFL player of 2015.**	 Jamaal Charles is the champion of how many yards a player can run with the ball, with an average of 5.8. Is this good? We assume so.	 **Corey Graham is Mr Dependable – a cornerback who last year signed a $16 million contract with the team.**
MADDEST MOMENT	In 1972, the Dolphins completed the NFL's only ever perfect season, winning every game they played.	**The Lions retired the number 93 when player Corey Smith's boating accident left him missing, presumed dead.**	The 2008 season ended with the Chiefs holding the worst score record of 2-14. We don't know what that means.	**In the '70s, Buffalo Bills players including OJ Simpson earned the nickname 'The Electric Company'.**
OWNER	95% Stephen Ross, a rich estate agent, plus Gloria Estafan, Serena Williams and Fergie.	**The brilliantly named Martha Firestone Ford.**	The Hunt Family, headed up by Clark Hunt, grandson of oil tycoon HL Hunt.	**Husband and wife Terry and Kim Pegula, who also own Buffalo Sabres hockey team.**
PUB TRIVIA	Throughout the '70s, a dolphin was kept in a tank that would do flips after a touchdown.	**The team originally joined the NFL in 1930 under the name 'Portsmouth Spartans', which is much cooler.**	From 1986 to 1992 the team's cheerleading squad featured both men and women, because equality rocks.	**Quarterback EJ Manuel graduated from Bayside High. Yes, the one from *Saved By The Bell*. Well, maybe.**

PHOTOGRAPHY: MARCO VITTUR, NFL/AP, RAHI REZVANI



06

Indie album

Rock out with Editors

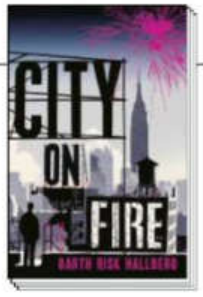
Where many of their peers haven't stayed the distance, doom-indie perennials Editors are about to drop their fifth album. What better time for us to have a chat with frontman Tom Smith about how they've managed to keep it up when so many haven't lasted the race?

Was the new album a chance to change direction? Were you tempted to just learn a few dance steps and do Bee Gees covers?
We're as poppy as we've ever been, but we're saving the dance moves for the next record.
You've talked about liking Todd Terje – is there a Balearic influence on the new record?
Yeah, the second track is like a late-night club moment in many ways. I think a lot of people just expect us to sit round in a dark room listening to Joy Division. We've been trying to tell people for quite a long time that's not the case.
You do like a big chorus – do you write songs thinking, "This one will reach the back row?"
You get a feeling for the ones people will like. Our producer calls them "cider in the air moments", because that's when all the dads at Latitude throw their drink in the air.
This is album number five. What's the secret to your longevity?
It's mostly luck. It helps if people like your shows – our fans say we sound better live. I never know how to take it, but we put a lot of work into making the shows worth coming out for.
Everybody has an opinion on Kanye. What's yours?
When our first single came out his people got in touch with our people to ask for a copy of it. So I can't really call him a pillock, can I?

In Dream *by Editors is out 2 October*

07

Hot book



Get your head around '70s New York

One of the year's biggest novels drops this month – and we mean that literally. *City On Fire* by Garth Risk Hallberg clocks in at a cool 944 pages, but we breezed through it in no time. It's the story of a shooting in Central Park and its effect on '70s New York – the city's scuzzy, punky peak. Here's our guide to the cultural wonders this glorious era produced…

THE FILMS
New York in the '70s could get pretty rough, and this was reflected on screen: check out *Taxi Driver*, Martin Scorsese's classic about a lunatic taking his madness on to the streets, or *The Warriors*, Walter Hill's look at gang warfare.

THE BANDS
You've got an embarrassment of riches here – from the Ramones to Talking Heads or Patti Smith, you can't really go wrong. It was also the time when people like Grandmaster Flash and Afrika Bambaataa were inventing hip-hop.

THE CLUBS
Look, unless you have a DeLorean and Doc Brown to hand, you're unlikely to be burning up the guest list on the big nights at disco stronghold Studio 54 or punk headquarters CBGB – so just Google their glorious past, and watch yourself lose hours to the hundreds of amazing stories of what went on there. Ever get the feeling you were born 30 years too late?

THE BOOK
If all this has whet your whistle, you could do a lot worse than checking out Will Hermes' *Love Goes To Buildings On Fire* – a very solid history of just how this period came to be cool.

City On Fire *by Garth Risk Hallberg is out on 22 October (£15, Jonathan Cape)*



08

Party time

Spook yourself silly with Spector

Halloween is a pretty big deal for Fred Macpherson, front man of East London rock quintet Spector.

"You've got to make sure your party is authentic," Fred says, with the air of a man who has had actual fist fights over fake cobwebs. "Pour two kilos of maggots on to your floor and release bats into the halls. Don't just celebrate Halloween – live it."

He'll never make a career on *Changing Rooms* – so it's lucky, then, that Spector have just dropped *Moth Boys*, one of the most anticipated albums on this year's indie calendar.

And when it comes to Hallows Eve, the chart-bothering horror buff seriously knows his stuff….

Grab some under-the-counter classics

"Two options: crack out a classic, like *Rosemary's Baby* – or, for a Halloween you'll never forget, opt for some really gory stuff. *Cannibal Holocaust* or *The Mountain Of The Cannibal God* were banned in the '70s, and they are some serious video nasties."

Introduce a game changer

"Apples are cliché. Bobbing for kale in Fiji water – now that's trendy. Remember to provide some Listerine in between because, when you really think about it, dunking your head in a bucket of saliva-infused water isn't very health-and-safety conscious."

Delve into Spotify's darkest corners

"When it comes to dark music, the killer option is black metal band Mayhem, who burned down a church in the '90s. Slipknot don't even compare. Stick on *De Mysteriis Dom Sathanas*, which translates as 'The Mysteries of Satan'. Then follow it up with some Sinead O'Connor."

Commit to creepy clobber

"People just dress up as the most popular movie character of the year. It's going to be Minions this time, isn't it? Fuck. I know one thing: the age of the sexy cat is over. The new go-to costume for girls is the Five Wives from *Mad Max*. Last year I went as C-3P0 – I got a bald wig, some sunglasses and my mate's trainers, and spray-painted them all gold. He still hasn't forgiven me for that."

Moth Park *by Spector is out now*



09

Sofa night

Be scared of Idris Elba

How's this for a must-watch movie? The director of *True Detective*'s first season (ie the good one), writing the script as well as directing, with England's mighty Idris Elba in the lead, playing the head of a group of mercenaries in a West African civil war. If that doesn't tick your boxes, get your head examined while the rest of us are enriching our Netflix binges.

Beasts Of No Nation is *on Netflix from 16 October*

10

Comedy

Look back on Monty Python's most obscure work

This month sees the 40th anniversary re-release of the classic *Monty Python And The Holy Grail* – so we thought it was time to take a look at some of the team's less well-known post-*Python* work…



01
TERRY GILLIAM
Terry Gilliam's films (*Twelve Monkeys*, *Fear And Loathing In Las Vegas*) are pretty well-known, but they're nothing compared to his greatest work – that Nike ad where Eric Cantona is in charge of a match in a ship.

02
MICHAEL PALIN
He's reputed to be the nicest man in TV – so naturally fellow python Terry Gilliam cast him as a torturer in the classic satire *Brazil*. If you haven't seen it, check it out now.

03
GRAHAM CHAPMAN
The troubled Chapman sadly died in 1989, but he still had time for some random credits – our favourite is his appearance in the video for the Iron Maiden song *Can I Play With Madness*.

04
ERIC IDLE
Did you know the man who sang *Always Look On The Bright Side Of Life* also played Wreck-Gar in *The Transformers: The Movie* back in 1986? Neither did we.

05
TERRY JONES
He's had an illustrious career, so we were as surprised as anybody to learn that Terry Jones narrated *The Legend Of Dick And Dom* in 2010. Yes, that Dick and Dom.

06
JOHN CLEESE
Probably Cleese's least famous credit is in the terrible 1990 comedy *Bullseye!*, where he cameod as 'Man On The Beach In Barbados Who Looks Like John Cleese'.

PHOTOGRAPHY: ALAMY, BBC PICTURES, KOBAL COLLECTION



HAS THE INTERNET TURNED US ALL INTO PEEPING TOMS?

From behind the curtains where they once spied, voyeurs have ventured out to the world wide web

No man can look good eating a Big Mac. They are sloppy, sweaty and in a single chomp, make even the most debonair of chaps look like a chipmunk choking on his own acorns. What, then, compelled Jeremy Dowell from Minnesota to film himself in 2009, feasting on the world's most famous burger before posting the clip for the world to see on YouTube? Perhaps a better question is this: how the hell did that video gain 19,000 views?

Welcome to the world of online voyeurism – a place where serial procrastinators flock in their millions to watch perfect strangers go about their daily lives. Popping to the shops? That's prime Vine material. New toothbrush? Snapchat that mother! Getting frisky with your fine self? Not before a trip to Chatroulette, you're not.

As people share more and more online, the act of peeking into people's private lives has become part

of mainstream culture. "The last decade has seen a big rise in people sharing their lives through video," says Adam Galpin, a media psychologist from the University of Salford. "There are multiple reasons for this, from boredom and humour to boosting self-esteem and identity affirmation."

Once upon a time, peeping into other people's lives was a practice reserved for spies and binocular-eyed perverts like Mark Lewis in *Peeping Tom*. Indeed, voyeurism had become such an issue that in 2003, the government outlawed it for the first time under the Sexual Offences Act. It now carries a maximum sentence of two years in prison.

Have we become a society of social-media curtain twitchers, more interested in drooling over the lives of others than living our own? Or is our increased appetite to watch people eat burgers a natural evolution of a new digital world that has blown apart the barriers between our public and private lives?

In a post-YouTube celebrity landscape where people continue to gain riches and worldwide fame through sharing their experiences, it's easy to understand why anybody with an iPhone might want to turn their own personal brand of humdrum into a lucrative web career. Periscope, a live video platform launched by Twitter in March, is fast becoming the app of choice for wannabe web celebs. Film yourself making an omelette, then bask in your new-found fame as hundreds of strangers marvel at your one-handed egg crack. You are now an internet sensation. Get a man-bun and write a memoir – you've made it.

If you can't think of anything more boring, you're in the minority. Over the space of four months, Periscope has gained more than 11 million users who collectively watch 40 years worth of 'content' a day. The app may be designed for gnarly dudes kick-flipping past opera houses, but the main bulk of Periscope videos are made by middle managers from Hull documenting the inside of their fridge. Really – #showusyourfridge is one of the most popular on the site *[Fig. 1]*.

But Periscope pales in comparison to twitch.tv, one of the fastest growing sites in the world. The platform, purchased in 2014 by Amazon for £585 million, allows people to play video games and broadcast their sessions. Every month, 100 million users spend up to 90 minutes a day watching other people play games.

That all seems harmless enough – until you realise the audience's quest for entertainment can often have serious consequences. Take the case of Joshua Peters, who had his home raided live on air by a SWAT team after one of his 60,000 viewers put in a prank call to the local police. And it's not an isolated incident *[Fig. 2]*.

"The anonymity afforded online makes the temptation for voyeurism much larger, with less of a sense of consequence," says Dr Azadeh Aalai, a psychology professor at Montgomery College in Maryland. "People online are seen to be less 'real' than those in life, leading to cyber bullying and harassment."

And in this haven of harassment, nobody suffers quite so heavily as YouTubers. Zoella, the biggest lifestyle vlogger in the UK, has built a career by sharing the minutiae of her everyday life to her nine million subscribers. Yet in a recent video, she sobs about the pressures of performing. "Sometimes you need to take a breather," she says. "But you can't. This is YouTube." *[Fig. 3]*

Video platforms have revolutionised the entertainment we create and consume. We may well be a bunch of nosey parkers with little concept of TMI, but at least we're taking an interest in our fellow man. And it allows us to connect with each other on an unprecedented level.

But that comes with a responsibility of care: with nobody to draw the line or slap our wrists, it's all too easy to give in to our most sadistic tendencies. The lesson? Just try not to be a prick. After all, pressing play is easy. The hard part is knowing when to stop. FHM



Fig. 1

Periscope is also a way to break important news. But, for the time being, it's mostly fridges.



Fig. 2

In this incident in Littleton, Colorado, several local schools

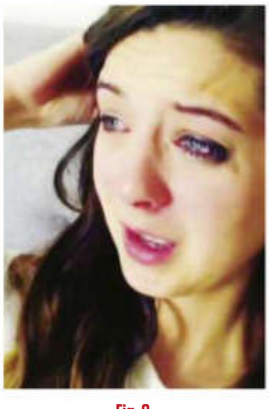


Fig. 3

This teary vid has been viewed 4.5 million times.

PHOTOGRAPHY: REX FEATURES, ABC7 DENVER, PERISCOPEINFO.COM, YOUTUBE.COM/ZOELLA

SNOW US YOUR SPORTS KIT

Stock up for the slopes – the winter sports season is just around the hella slippy ice-capped corner…





01 WRAP UP WARM

It's surprisingly hard to make trousers sound cool, even ones designed for snowboarding, so just imagine we did. You'd look a wally riding in just your undies anyway. *Onsen trousers,* ***£185****, quiksilver.co.uk*

02 STAY FIERCE

This jacket has a sexy wolf pattern and 3M reflective fabric built in. *Mission Reflective jacket,* ***£150****, quiksilver.co.uk*

03 PACK IT UP

You could take a crinkly Sainsbury's carrier bag up the mountain with you if you like, but we'd rather take this swish Vans backpack. Wouldn't you? *Old Skool Plus backpack,* ***£45****, vans.com*

04 BE A HOTHEAD

Ever heard the saying 'cooler heads prevail'? Ever heard someone say it up a mountain? Us neither. *Bobble beanie,* ***£25****, penfield.com*

05 KEEP COSY

You'll be up a mountain. It'll be cold. We're not your mum, but we would recommend decent base layers or you might catch cold. Now tidy your room. *Men's ColdGear Infrared crew and leggings,* ***£78****, baselayer.co.uk*

06 SHADE YOUR EYES

With a design directly inspired by the visors worn by fighter pilots, you'd struggle to find cooler eyewear if it was presented to you by Idris Elba himself. As he rode a tiger. In space. *Oakley Flight Deck XM goggles,* ***£164.99****, surfdome.com*

07 DON'T GET LOST

If you're going off-piste, it helps to actually know where you are – and it'll help even more if you can pretend you're a spy with a GPS watch like this. *Garmin 401 GPS watch,* ***£110****, amazon.co.uk*

08 MAKE A MOVIE

What's the point of doing something cool if you can't show it to your mates after? *Hero 4 Session,* ***£329.99****, gopro.com*

09 REIGN OVER THE TERRAIN

Made in part from the same stuff that goes into posh sleeping bags, these are well comfy and a far cry from most snowboard boots, which feel like you've been fitted for concrete shoes by the mafia, and make you walk like you've soiled yourself. *Imperials boots,* ***£120****, burton.com*

10 SHRED THE SLOPES

We could bang on about how the design of this board helps acceleration and control, or how the reduced sidecut helps with the flow. But come on. It has a shark on it. Done. *Fish snowboard,* ***£480****, burton.com*

11 STRAP IN

These bindings are great for feel and control, and are super-lightweight, too. *Genesis bindings,* ***£280****, burton.com*

WORDS: ANDREW LOWRY. PHOTOGRAPHY: MARCO VITTUR

WHO'S YOUR ALL-TIME

We asked a crowd of kinksters at an erotic expo



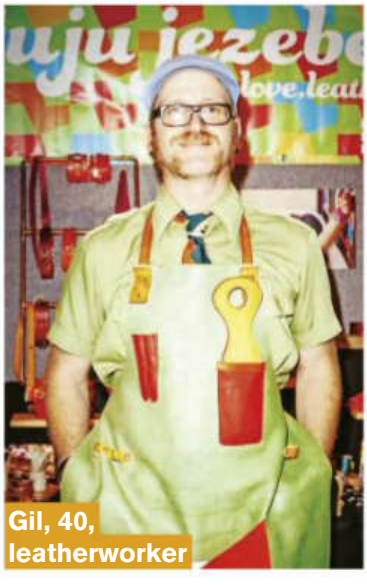
Pretty Painless, 33, dominatrix

"Phil Mitchell. I'd definitely like him under my cane – I bet he's got a nice fleshy bottom."



Verity, 21, burlesque performer

"The sultry toned legend that is Tom Jones. He's the biggest silver fox there is."



Gil, 40, leatherworker

"It might sound a bit weird, but it's got to be Brian, the talking dog from *Family Guy*."



Allan, 64, hypnotherapist

"Rachel Riley. She looks adorable in all her dresses on *Countdown*."



Josephine, 25, model

"Lee Evans. He's a sweaty guy, so I'd probably get wet just hanging out with him."



Ella, 20, adult actress

"Heston Blumenthal. He's just bonkers, so he'd come up with some good ideas."

FANTASY TV STAR CRUSH?

for the one sexy reason they're still paying their licence fee



Portia, 21, actress

"The most charming man on Earth, Stephen Fry. I met him once and he left me speechless."



Matthew, 34, techie

"Wonder Woman, because why the hell not? Who would say no to a superhero?"



Gina, 25, model

"Chris Tarrant. He could teach me things as we have sex. The more I learned, the more I'd orgasm."



Rebecca, 23, fire performer

"The Ice King from *Adventure Time*. I have crushes on really obscure cartoon characters."



Bianca, 37, model

"The Siberian Bull himself: Ivan Drago from *Rocky IV*. But only if he's in character."



Adam, 22, model

"Jessica Rabbit. She's sexy and up front – not politically correct like most cartoons nowadays."

WORDS: DAVEY PHILLIPS. PHOTOGRAPHY: SAM CLIFFORD-HARDING

VELCRO: YAY OR NAY?

Strap in for the greatest debate in fashion

According to newspapers and highly exasperated Clarks' shop assistants, British children are now learning to tie their shoelaces later than ever before.

You can't really blame them. The day a boy learns to tie his laces is the day that life suddenly becomes that little bit more complicated. It's the earliest dawn of adulthood – where endless curbside kickabouts make way for gruelling commutes and looming deadlines. Laces are the chains that bind us to a life more ordinary.

On the playground, Velcro rules with an iron grip and a satisfying rip. Yet in the adult world, most men wouldn't be caught dead donning a pair of sticky kicks. But why does it have to be this way?

With the rerelease of Adidas's staple Stan Smiths (a late '90s classic), Velcro fans finally have a flash pair of trainers to splash their cash on. Which begs the question: is it time to lose the laces and take a trip back in time? We asked the experts…



£69.99, ADIDAS AT OFFICE.CO.UK

DAISY DEANE
FHM fashion editor
"I bloody love a Velcro trainer. They say don't mess with a classic, but in this case it's totally A-OK – I'm a fan of anything that adds ease to getting dressed."



MIKILL PANE
Rapper and sneaker don
"There's nothing wrong with Velcro on a sports shoe. The straps complement the simple silhouette of the Stan Smith, too. Top work."

£69.99, ADIDAS AT FOOTLOCKER.EU

AIDAN
Five-year-old child
"I like Velcro, even though dog hair gets stuck in it. I think flashing lights and wheels would make them better, but they're cool anyway."

WORDS: NICK POPE. PHOTOGRAPHY: GOINOR SHEEHAN

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FHM HERO

THE MAN OF YOUR Dreams



For more than 30 years, the metal claw, battered fedora and burnt face of Freddy Krueger have haunted people around the world. *FHM* meets Robert Englund, the man behind horror's most famous mask…

Words: Chris Sayer **Photography:** Simon Webb
Styling: Carlotta Constant **Grooming:** Claire Woods
FX/Props: Bill Turpin

No wonder *A Nightmare On Elm Street's* Freddy Kreuger had a temper: he was always one of life's runners-up. For one thing, the melty-faced serial killer only had the second-best fedora hat in cinema, after Indiana Jones. Dennis the Menace had a better stripy jumper. And he only had the third-best disfigured face, after *Hellraiser*'s Pinhead and Sloth from *The Goonies*.

He didn't even have the best slasher claw; glueing kitchen knives to a gardening glove is never going to match Wolverine, whose claws are made out of the strongest substance in the universe (and we've only left out Edward Scissorhands because he didn't slash anyone).

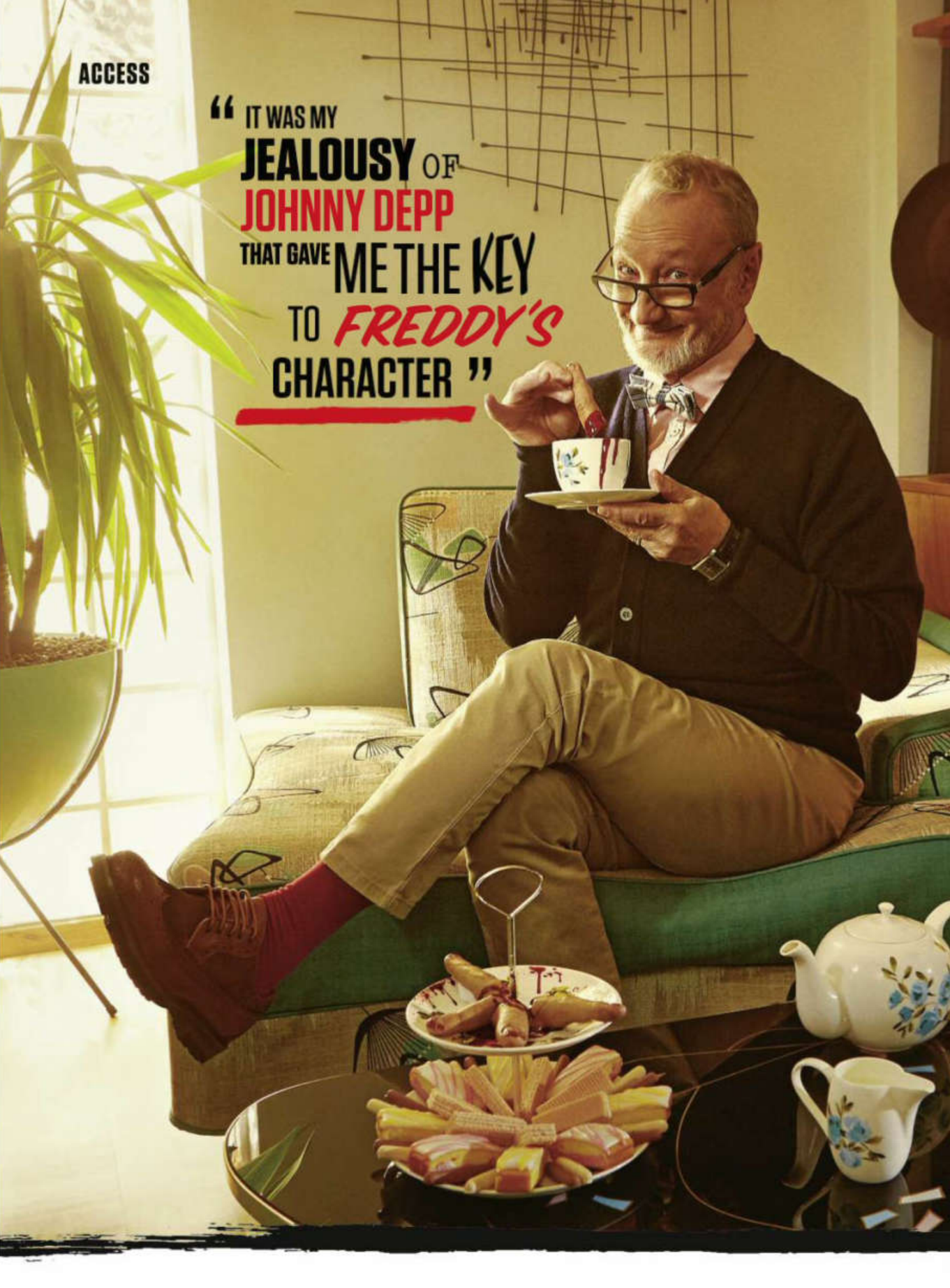
But, in spite of all those obvious insecurities, there is one thing Freddy Krueger can never be touched on by anyone: the fear factor. He is the most sadistic, bloodthirsty and psychologically terrifying villain in Hollywood history.

His secret? Creator Wes Craven, who died in August, must take his share of the credit… but it was actor Robert Englund who breathed life into Freddy. It was Englund who gave him that sneer, that lurching gait and, of course, *that* nose.

Between 1984 and 2003, Englund's eight spine-tingling performances as the Springwood Slasher have made moviegoers in their millions unable to close their eyes at night without hearing Englund's chilling purr, "One, two, Freddy's coming for you…"




" FREDDY KNOWS YOUR
sexual fantasies,
YOUR FEARS,
YOUR DIARY, WHAT YOU'VE
HIDDEN IN YOUR
underwear draw "


“ IT WAS MY
JEALOUSY OF
JOHNNY DEPP
THAT GAVE ME THE KEY
TO FREDDY'S
CHARACTER ”



EVIL EMPIRE

Today, we're sat with Englund in the back of a taxi en-route to the photo shoot on these very pages and Robert's discussing the secret to Freddy's fear factor.

"He's playing the most intimate mind game," Robert says. "Because he exists in your subconscious, he knows your most inner thoughts – your sexual fantasies, your fears, your diary, what you've hidden in your underwear draw. And he's in there sifting around, toying with your dreams like a cat with a half-dead sparrow."

But it is Freddy's sense of humour, Robert believes, that makes him truly terrifying. "At the end of the scene I might gut some poor child, give him a kiss of death and let him cling to my body as he slowly drops to the ground," he says with relish. "Then I might prop him up for a second before I discard his dead corpse and say some pithy one-liner."

Most memorable is perhaps the scene in the third *Elm Street* instalment, *Dream Warriors*, when wannabe TV star Jennifer notices Freddy's face appear on television. The TV suddenly sprouts arms and slams her head into the screen with the words, "Welcome to primetime, bitch."

Now, the man that unleashed modern horror's most infamous slasher into suburban living rooms is looking extremely chilled. His black V-neck T-shirt and multiple pendant necklaces give the 68-year-old an air of a seen-it-all rock star. His mellow tan betrays his love of surfing the waves that roll in just minutes from his California home. He regales us with tales of drinking wine with Hollywood greats while demonstrating an encyclopaedic knowledge of cinematic and theatrical history. He is, after all, a classic thespian.

Only Englund's eyes, that burn brightest when he raises his voice to hammer home a point, let out the Freddy inside him. "In killing teenagers, Freddy is literally killing the future. I love that," Robert tells us. "I love the simplicity. There is something darkly poetic about tha … THERE!" he barks, cutting himself off. "There he is! Freddy Krueger's walking right there!"

Today, Robert's 'Freddy' is a heavy-set man strolling alongside the road in a striped red and green rugby jersey. You'd see Freddy everywhere too, if playing him had defined your career across an epic nine films. The *Elm Street* franchise has made almost $500 million worldwide at the box office; has been credited with saving New Line Cinema from bankruptcy (the studio that gave us *The Lord Of The Rings*); launched the career of one Johnny Depp; and has broken free of the film world and infiltrated music lyrics (everyone from big time American rappers like Lil Wayne and Wu-Tang Clan to, er, Oxide & Neutrino), video games (*Mortal Kombat*) and primetime cartoons (*The Simpsons*, *South Park*, *Family Guy* – even *My Little Pony*).

"Then there was the entire day I had dedicated to me by the Mayor of Los Angeles," Robert adds to our long list of Freddyfications. "I was presented with a proclamation and it was Freddy Krueger Day, which was just bizarre. Oh, and I saw an all-female lesbian stage production of *A Nightmare On Elm Street* in a bar in Melbourne once, too. They were unbelievably hot girls."

The fame, the money, the movies, the sexy Australian lesbians – it's baffling. It makes sense for a pretty-faced pop sensation like Justin Bieber, or legends like The Beatles, to have all these things. But a serial killer with a melted pizza for a face? In short, Robert Englund has created a monster like no other: one that frightens and fascinates in equal measure, and that still has its claws well and truly embedded in the psyche of popular culture worldwide.

Qualifying Freddy Krueger's legend is easy. You already know what you'd have to cobble together to dress like the Springwood Slasher when Halloween rolls around later this month: one red and green striped jumper, a battered fedora, a razor-sharp claw on one hand, a latex mask. His image is burnt on to your brain with a red-hot branding iron. But to get to the bottom of Freddy's success, dissect him, and ultimately discover what Robert Englund brought to the character that nobody else could, we need to go back to 1984, to a room full of beautiful people, feelings of inadequacy and one hell of a lot of lube. Freddy was born in a dark place.

"It was a bad day," Robert recalls,





revisiting his second week of shooting the first film in the Freddy franchise, *A Nightmare On Elm Street*.

"It was summer, I'd been on set since 5am, I was hot and itchy, and I was getting some touch-ups to my mask," he explains. "I remember walking into the make-up room and Johnny Depp [who played Glen Lantz] was in the best chair with Heather Langenkamp [Freddy's nemesis Nancy] in the second, while I got the crap chair.

"Here are arguably two of the most beautiful-looking actors in the world at that time. They're sitting there, looking pretty, with the make-up girl holding tiny fans to their faces to cool them down, while I'm getting basted in KY jelly.

"I looked over and wondered if I'd really made the right choice doing this movie. I looked at those fucking beautiful, talented kids, knowing that they had an incredible future ahead of them. I was envious of their youth, perhaps a little jealous, and I remember thinking, 'I can use this. I can use this feeling on the set.' I recalled that jealousy and envy and feeling old and self-doubting myself to play Freddy. That's what really gave me the key."

> "WHAT'S WRONG WITH BEING A one-hit WONDER?"

CREATING A MONSTER

With Freddy's inner demons in place, the horror began. He slayed his victims across eight films in bizarre, bloody, and often bonkers ways, from Tina Gray's grisly and gravity-defying death-on-the-ceiling, to the ridiculous video game massacre of Spencer in 1991's *Freddy's Dead: The Final Nightmare*.

Unfortunately for the cast and crew, Robert's reign of terror would take place on both sides of the camera.

"Robert relished being evil," said *Elm Street* director Wes Craven in 2010 documentary *Never Sleep Again*, a four-hour investigation into what made the franchise so successful.

"What I think he meant is that after three or four of the movies, I became worried that I wasn't scary any more," Robert says. "I had to check I hadn't lost it. So I'd lurk in shadows behind the set until some roadie came for a cigarette. Then I'd move into a shaft of light and growl at them. It never failed to make them shit their pants. I got one guy really bad. He was a big guy and I think I might have given him a little heart palpation or something. But I needed that. I needed to know I was still scary."

If you're in any doubt that Robert 'still has it', get yourself down to one of the many conventions he attends every year. Always the headline attraction, he's scrawled his autograph for endless queues of horror-loving fans, putting his mark on everything from original posters to female flesh.

"I've lost count of the number of cleavages I've autographed," he tells us. "I've signed an awful lot of women with tattoos of me on their breasts, asses or way, way up high inside their thighs. They sometimes then go off and get my autograph tattooed and come back to show it to me all bruised and bloody. That's interesting. I still get hundreds of love letters, too."

Freddy Krueger? A *sex* symbol?

"Y'know, a lot of women tell me they find Freddy darkly sexy," he says. "I don't want to say it verges on the kinky but there are girls who have sort of adopted Freddy as

a dream lover. Some girls use him as a protector against other bad dreams and others actually have a sort of half and half – fear and titillation at the same time."

LIVING THE LEGACY

There is, of course, one drawback to the three-decade legacy of Freddy Krueger. Through the breast signings, the LA naming days, the fame, the fortune and the frights, lurking in the shadows is a phrase so feared by film stars that it can terrify even the bravest and burliest of actors. Unfortunately for Robert Englund, it's a beast that has hold of him. He will forever be a horror actor. He can never unshackle himself from the Freddy Krueger franchise. Robert Englund has been… typecast.

"What's wrong with being a one-hit wonder?" he says, turning to us again from across the passenger seat, raising his voice and triggering our driver to glance back in his rear-view mirror. "What's wrong with having the number-one song in the world, touring for the rest of your life, being able to play all the other music you've created? Look, I do know that I will always be That Guy Who Played Freddy Krueger. But I've used that to my advantage. I've changed that into becoming a go-to horror actor."

Before we can come back in agreement, reeling off various B-movie, arthouse and feature film titles like *Hatchet*, *Fear Clinic* and *2001 Maniacs* that prove his career hasn't been hindered by his famous mask, Robert's already begun on his next anecdote and one that, for him, proves that this, all of this, is what he was *meant* to do.

"About 15 years ago I suddenly had this memory of going to my godfather's house as a child. He had rooms and rooms of coffee-table books. I found one called *Life Magazine Goes To The Movies*. I opened it to Lon Chaney's 'man of a thousand faces' pages. He played everyone, from the Mummy to Frankenstein's Monster to the Wolf Man. I became obsessed with him and those images, in particular one with a hard-boiled egg over his eye to make it all milky and blind-looking. But after that I got into girls, surfing, cars, college, drama, and the Royal Academy, never wanting to do film and only do theatre, so that memory became suppressed. But of course I wanted to fuck around with make-up. That desire was somewhere in me, albeit buried. That's what made me say yes to Wes Craven and doing Freddy."

> "IN KILLING TEENAGERS, FREDDY IS LITERALLY KILLING THE FUTURE. I LOVE THAT"

So is he *really* happy to be remembered only for a single part and not the countless other movies he's appeared in over the years? He cackles.

"Not only was Freddy a wonderful character to play, but he made me an actor who works all over the world. I cannot begrudge that. Some actors famous for one character may call it typecast… for me, Freddy was a gift." FHM

FREDDY'S HALLOWEEN PLAYLIST

The films Robert Englund dares you to hit play on this 31 October…



Sisters (1973)
What the devil hath joined let no man cut asunder
"It stars Margot Kidder and William Finley as the greatest ever mad scientist."



The Innocents (1961)
A haunting tale of terror!
"It's a really old school black-and-white horror with some brilliant child actors. So creepy."



The Changeling (1980)
How did you die, Joseph? Why do you remain?
"It's just such a great little horror film, and George C Scott is fantastic in it."

PHOTOGRAPHY: KOBAL COLLECTION, ALAMY. CARDIGAN, £84.99, PETERSCOTT.CO.UK. SHIRTS, £95, TOBAKER.COM. TROUSERS, £40, RIVERSLAND.COM. BOW-TIE, £65, SEAMCHRISTOPHER.COM. SHOES, £69.99, OFFICE.CO.UK

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OUTDRINK JAMES BOND

Shaken not stirred? Pah. Try these new versions of 007's favourite drink

We've come to terms with the fact that we'll never be able to drive a supercar, fire a Kalashnikov, seduce a sexy international lady or rock tiny sky-blue swim shorts as well as James Bond does. But, goddamn, we can drink like him. No, wait. We can drink *better* than him.

"Three measures of Gordon's, one of vodka, half a measure of Kina Lillet. Shake it very well until it's ice cold, then add a large thin slice of lemon peel. Got it?" Sure do, Bond. What our hero is telling us in Ian Fleming's *Casino Royale* is that his martini is, well, a bit *ordinary*. With Kina Lillet, a French aperitif, no longer available in its original 1880s recipe, and the fact that shaking a martini causes it to lose its clearness and overdilutes the delicate aromatics, it's time to better Bond's booze. And with the help of master distiller Max Chater, we've done just that, creating three cocktails that could take over the world (cue villainous laugh)…



POKER NIGHT MARTINI

Make a batch of this before you deal, so you can spend more time rinsing your mates of their wages

Ingredients
Home-infused Konik's Tail vodka
Water
Black truffle oil

01 Add a load of botanicals (anything from lemon peel to rosemary, juniper berries to coriander seeds) to as much vodka as you need, and put it in the fridge for 24 hours.
02 Add a little water to taste and pour into chilled glasses.
03 Add two drops of black truffle oil (£10, amazon.co.uk). Serve with posh crisps.



HEAD TO **FHM.COM** NOW TO SEE THE VIDEO

CONNERY MARTINI

As classic and manly as the original Bond

Ingredients

60ml Whitley Neill gin
10ml extra dry vermouth
2 dashes of orange bitters
Two strips of orange zest

01 Chill your martini glass in the freezer first.
02 Add the gin, vermouth and bitters to a large beaker with ice. Stir well.
03 Squeeze half of the orange zest over your martini glass, and pour in your booze through a strainer. Garnish with the second zest.

FILTHY FIRE MARTINI

Be warned: this boozy villain is stronger than Oddjob's karate chop

Ingredients

10ml Compass Box The Peat Monster whisky
10ml Cocchi Americano
50ml Dodd's gin
1 steak

01 Add all the booze to a chilled mixing glass. Add lots of ice and stir for 15-20 seconds.
02 Strain into a chilled glass.
03 Grill a mother-flipping enormous steak to eat with it. It's so good, it'll blow your balls off.

WORDS: CHRIS SAYER. PHOTOGRAPHY: MARCO VITTUR



THE DOUBLE BUFFALO

CHICKEN STACK

Get your winter gut ready for enough hot chicken to stop a freight train…

DJ BBQ SAYS…

"I feel your pain, bro. I really do. Summer is dead. Gone. Buried. Outta here. Now what we got to look forward to? My enormous, hot-as-hell, beautiful-looking, mouth-breakingly tasty double buffalo chicken stack, that's what.

"The way I get over losing the sun for another year is to take my man food-hungry brain to a happy place. A place where the beer's on ice, the music is loud, the sports are on 24/7 and all the world's gnarliest problems don't exist. That's right, ain't no place better on a shitty day than one of the USA's beautiful, stinkin' dive bars. There, you can crack open a bottle of suds and eat, no, *devour* a basket of the crispest, juiciest, hottest hot wings to turn your winter frown upside down. And for a long time, I didn't think this magic combo could be beat. But I was wrong. Here's the proof: this eye-watering creation partnered with a cold one."

THE RECIPE

Takes 30 mins

Ingredients

1 chicken thigh
1 chicken breast
Streaky bacon
2 tbsp butter
2 tbsp Frank's Red Hot Original Sauce
Pinch of cayenne pepper
Blue cheese
Double cream
Sea salt
Cracked black pepper
2 burger buns
Lettuce
1 red onion, sliced
Green jalapeños
Cheddar cheese



01

Rip the bone out of your chicken thigh and butterfly your chicken breast. Drizzle oil on them both, then add salt and pepper. Fry them in a hot pan ("Always start with the thigh skin-side down," says DJ BBQ), then add the rashers of bacon.



02

In a saucepan, heat the butter, Frank's sauce and cayenne pepper until it's simmering, and then pour it over the bacon and chicken. Your chicken is ready to come out when you can't see any pink in it. In a bowl, mix the blue cheese, double cream, sea salt and black pepper, then mash it all up with a fork until the cheese breaks down into smooth lumps.









03

"Now let's build this beast," says DJ BBQ. Start with a bun base and smear on your blue cheese sauce, then lettuce, your chicken breast, bacon, red onion and jalapeños. Add another bun base, more blue cheese sauce, lettuce, your chicken thigh, bacon, red onion, jalapeños, cheese and your bun top, with, obviously, more blue cheese sauce. "Goddamn, we made it," says our grill master.

PHOTOGRAPHY: JAMES BYRNE. FOOD STYLING: MARTA WOJTCZAK

The bloke test

This month's challenger...

LEMAR



Can the nation's favourite *Fame Academy* graduate warble his way to man supremacy?

01 Have you ever had a spectacularly good session of DIY?
I grew up building a lot of things, but my greatest ambition was to create a hoverboard. I got as far as finding some wood, then the plans kind of fell apart.
Bloke ✓

02 What's your favourite smell?
Nando's, but that's a sore issue. They offered me a black card, but I missed the deadline to go and pick it up. That still hurts me to this day. Absolutely tragic stuff.
Not bloke ✗

03 What's the biggest thing you've ever set on fire?
My brothers and I threw a big box of fireworks into a bonfire. It went mental, so we legged it – but I was the slowest, and they left me behind to face the chaos. It was every man for himself.
Bloke ✓

04 Have you ever shaved a part of your body other than your face?
Yeah, but it's not a necessity. You should embrace the way you're made, even if you've got a fluffy back.
Bloke ✓

05 Have you ever cried when people from broken homes sing well on *The X Factor*?
No. Everyone goes through hardships, but I've never played on emotion. You won't catch me sobbing to a piano ballad.
Bloke ✓

06 Have you ever successfully stared someone out?
Yes. I grew up in Tottenham, so I mastered the art of stare-outs young.
Bloke ✓

07 How do you behave at barbecues?
I'm head taster. As the youngest in my family, I'm not prepared to take part in an alpha-male grill battle. I'd rather just be well-fed.
Not bloke ✗

08 What sort of manly nicknames have you had in your life?
L, L-Dawg – anything that begins with the letter L. I get a bit annoyed by the lack of creativity, to be honest.
Not bloke ✗

09 What movie scared the shit out of you?
It. Why did they have to use a clown? Clowns are supposed to be fun.
Not bloke ✗

10 Have you ever twerked?
No – and I never would, even if someone challenged me to a no-rules twerk off.
Bloke ✓

11 Ever thrown a punch and missed?
No way – I always connect. I never had fights at school, though. My brothers made sure of that.
Bloke ✓

12 How many seconds can you leave food on the floor and eat it?
I have a dog, so I've got around three seconds before he gobbles up any floor food. It's given me quick reflexes at least.
Not bloke ✗

13 Have you ever eaten a raw egg?
Yep – I sunk many a runny egg during my Rocky-montage phase.
Bloke ✓

14 Have you ever taken a girl on a date using a voucher?
No, but that's Nando's fault. It would have happened all the time in a different life.
Not bloke ✗

15 Have you ever made growling noises at your reflection?
Nope, but I do have a routine: star-jumps, squats, and then I finish it all off with a sturdy handshake. That gets me amped.
Not bloke ✗

8/15

If there's any justice in the world, you'll feel deeply ashamed by this score, L-Dawg.

Lemar's new album, The Letter, *is out 9 October*

WORDS: NICK POPE

REFUEL LIKE A CHAMPION

Paddy Anson, head of strength and conditioning at Gloucester Rugby, talks us through a protein-powered day in the life of a professional athlete



FORMER MARINE AND GENERAL FITNESS GURU PADDY ANSON

If you're anything like us, your protein intake is sporadic at best. Just popped out 30 press-ups? Best have a shake. Hit 30 tricep dips while waiting for lunch? Protein for afters, then. Ran home in record time? Pass the protein.

But what if we've been doing it all wrong? Is there a better way? Luckily, former marine and head of strength and conditioning at Gloucester Rugby Paddy Anson is on hand with a breakdown of a pro-rugby player's training and protein routine – working with their nutrition partner USN – to inspire your workouts. Get stuck in.

7AM "Injured players do a rehab swim, then take a USN R3-Excell protein shake to aid recovery."

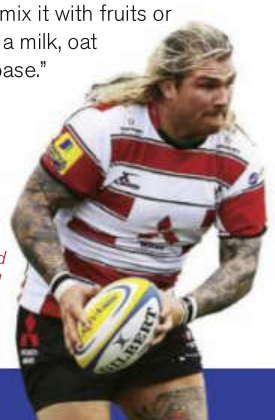
8AM "The other players come in and run through their training markers, focusing on grid strengths, jump height and other basics."

8.45AM "Breakfast is a three-egg omelette with spinach, broccoli and lean ham or chicken."

9.30AM "Half the players do weights while the others practise line-outs, attacking and defensive positions. They'll have had 20-30g of protein, with more in the fridge."

12.30PM "Lunch consists of anything from a lean beef casserole to fish pie. Whatever the protein, it'll be accompanied by butternut squash, broccoli, carrots and quinoa."

2.30PM "Another training session, followed by a USN 100% Premium Whey snack at 3.45pm, tailored to the player. Some need to put on weight, others need to maintain it, depending on their body type and metabolism. They can mix it with fruits or nuts, with a milk, oat or water base."



Richard Hibbard puts his training to good use

3.45PM "Recovery massage time, then home."

7PM "Our nutritionist will discuss what the players should eat for dinner, depending on what's coming up on the schedule."

8.30PM "The last – and most important – thing the players do before bed is take a USN Casein Night Time Protein shake to aid their bodies while they sleep. Then it's an early start and the same again!"



Exclusive: 30% off the range with code FHM30 at usn.co.uk*

PHOTOGRAPHY: MARTIN BENNETT/ GLOUCESTER RUGBY. *MINIMUM SPEND OF £50. CODE CANNOT BE USED IN CONJUNCTION WITH ANY OTHER OFFERS OR BUNDLES



01

SEE FOOD



02

TAKE PHOTO



03

TAG
#FHMMANFOOD



04

WIN BEER

SEARCH FHMAGRAM

BUSINESS-CLASS YOUR LIFE

Because every man deserves an upgrade

Words: Andy Jones Illustrations: Bill McConkey

For most of us, turning left when you get on an aeroplane – ie into upper class – is something that happens to other people. But why should celebs get all the perks?

The good news is that with a little bit of cunning and the odd white lie, you too can live the life of a go-getting business tycoon, getting the best seats on planes and quaffing overpriced wine in smart cocktail bars. And often for a fraction of what it's costing Mr Red Braces.

Want to know more? Just step this way, sir… Your free glass of Champagne is waiting for you at your seat.

TRAVEL

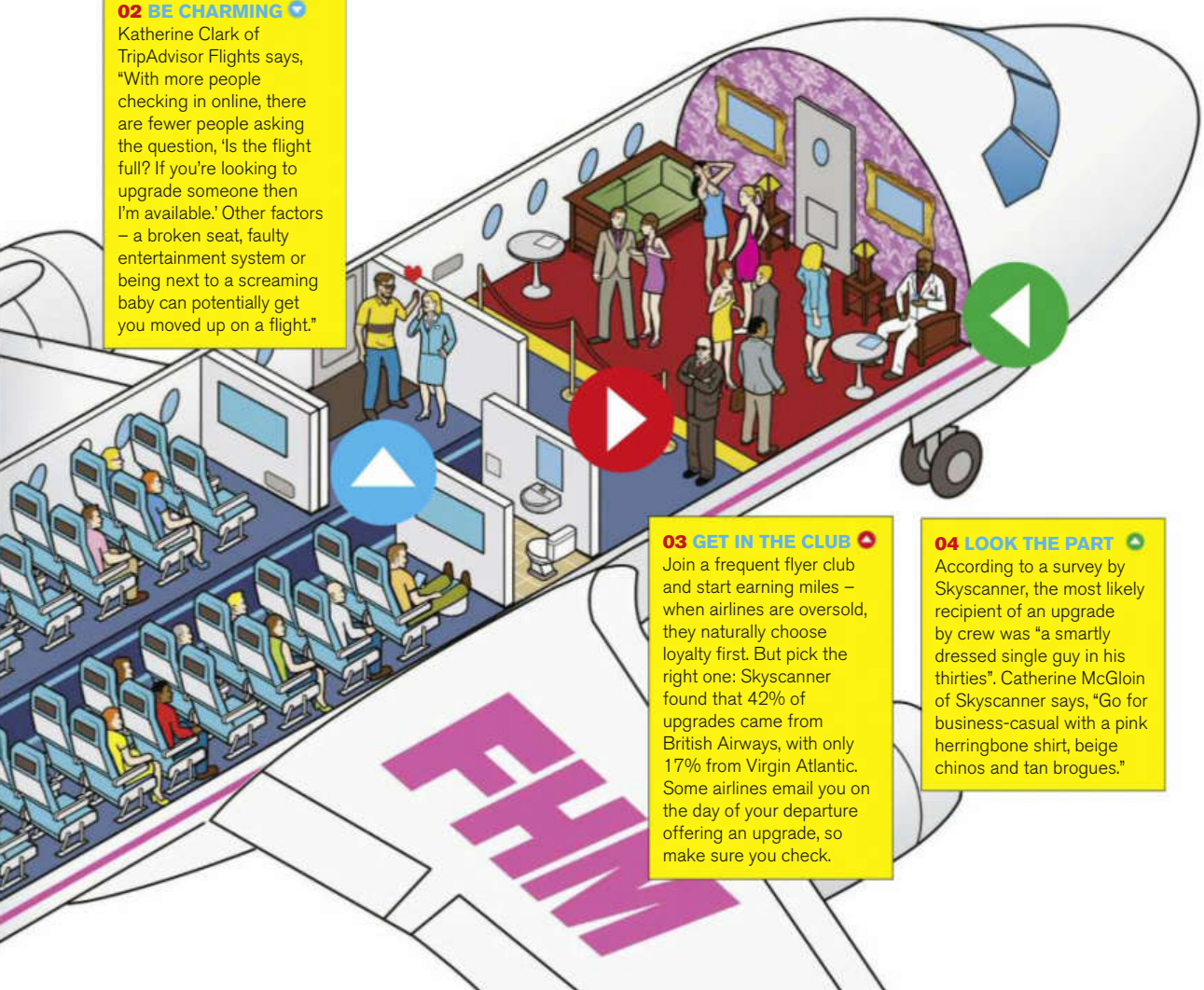
GET AN UPGRADE ON YOUR FLIGHT

01 GET THE BEST SEAT FOR YOUR BUCK

OK, you're stuck in cattle class, but that doesn't mean you have to put up with a terrible seat. Website SeatGuru (seatguru.com) has hundreds of seat maps that highlight the best and worst seats available on every aircraft. Check in early, secure the best position and print your boarding card so you've got that space locked in. Then get ready to eat that molten-hot toastie in (comparative) luxury.

02 BE CHARMING

Katherine Clark of TripAdvisor Flights says, "With more people checking in online, there are fewer people asking the question, 'Is the flight full? If you're looking to upgrade someone then I'm available.' Other factors – a broken seat, faulty entertainment system or being next to a screaming baby can potentially get you moved up on a flight."

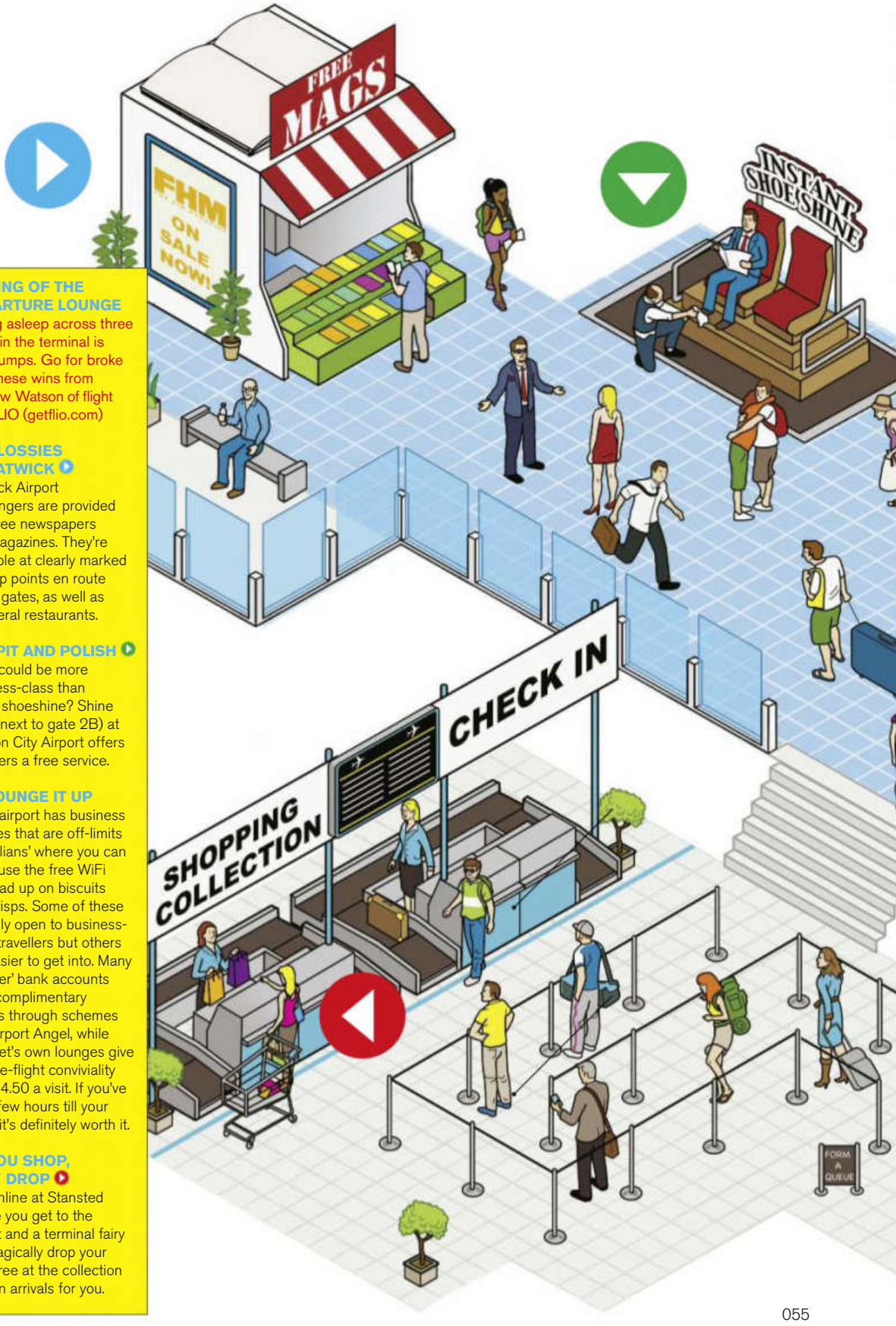


03 GET IN THE CLUB

Join a frequent flyer club and start earning miles – when airlines are oversold, they naturally choose loyalty first. But pick the right one: Skyscanner found that 42% of upgrades came from British Airways, with only 17% from Virgin Atlantic. Some airlines email you on the day of your departure offering an upgrade, so make sure you check.

04 LOOK THE PART

According to a survey by Skyscanner, the most likely recipient of an upgrade by crew was "a smartly dressed single guy in his thirties". Catherine McGloin of Skyscanner says, "Go for business-casual with a pink herringbone shirt, beige chinos and tan brogues."



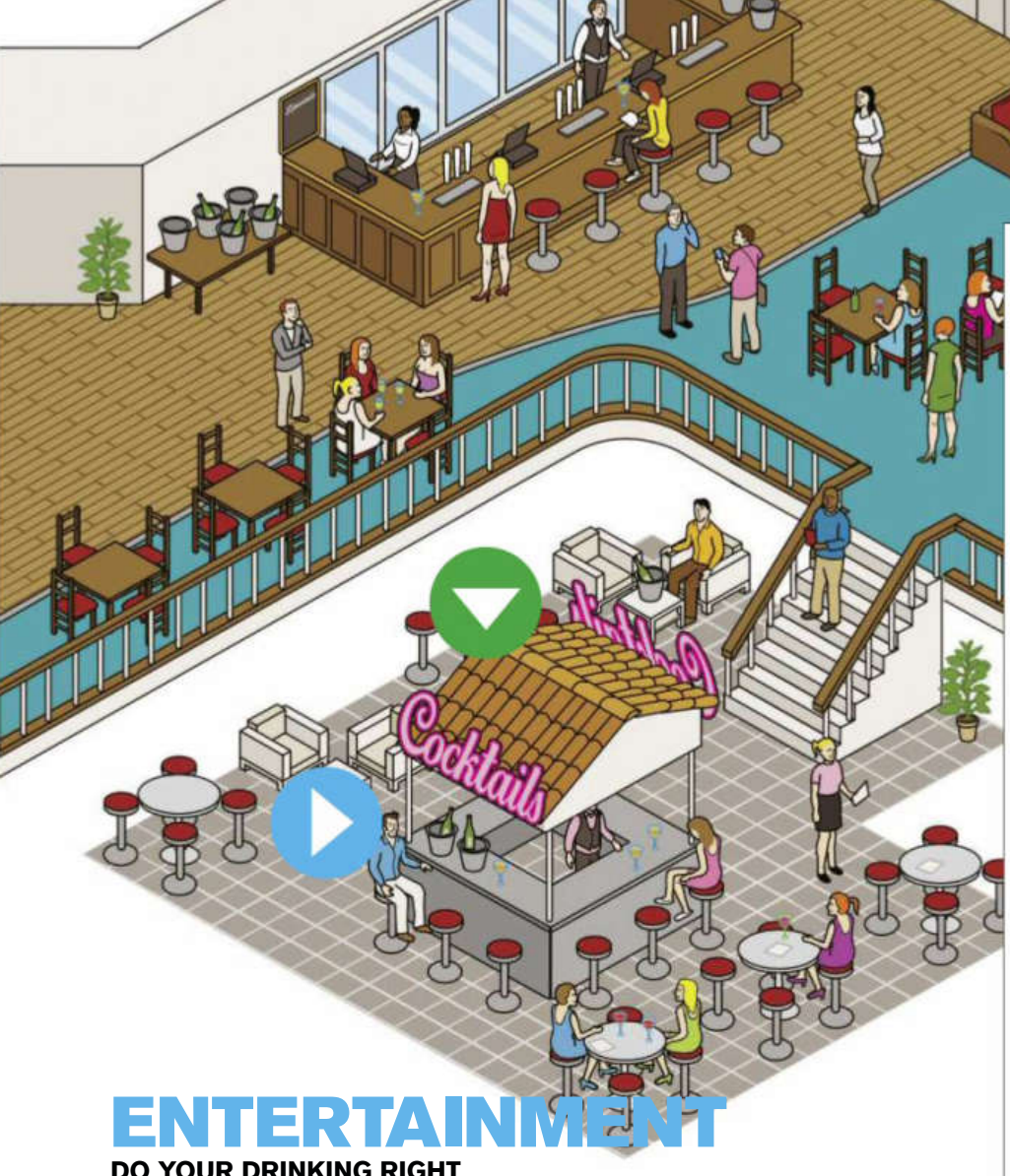
BE KING OF THE DEPARTURE LOUNGE
Falling asleep across three seats in the terminal is for chumps. Go for broke with these wins from Andrew Watson of flight app FLIO (getflio.com)

01 GLOSSIES AT GATWICK
Gatwick Airport passengers are provided with free newspapers and magazines. They're available at clearly marked pick-up points en route to the gates, as well as in several restaurants.

02 SPIT AND POLISH
What could be more business-class than a free shoeshine? Shine Corp (next to gate 2B) at London City Airport offers travellers a free service.

03 LOUNGE IT UP
Every airport has business lounges that are off-limits to 'civilians' where you can relax, use the free WiFi and load up on biscuits and crisps. Some of these are only open to business-class travellers but others are easier to get into. Many 'premier' bank accounts offer complimentary access through schemes like Airport Angel, while EasyJet's own lounges give you pre-flight conviviality for £14.50 a visit. If you've got a few hours till your flight, it's definitely worth it.

04 YOU SHOP, THEY DROP
Buy online at Stansted before you get to the airport and a terminal fairy will magically drop your duty-free at the collection desk in arrivals for you.



ENTERTAINMENT

DO YOUR DRINKING RIGHT

FREQUENT THESE BRILLIANT BARS

Put a stopper on the lads-on-tour banter beers and toast to slugging in style, with these recommendations courtesy of bar expert Tatiana Mercer (barchick.com)

01 THE BAR, G&V HOTEL, EDINBURGH

Open for early-morning coffee and late-night cocktails, the bar inside the five-star G&V hotel can be found on the historic Royal Mile right in the heart of the city.

02 BAR FOUR, HARD DAYS NIGHT HOTEL, LIVERPOOL

A must-see for all Beatles fans, this bar features original artwork of the Fabs with cocktails named after them. Want to drink Ringo's Drumsticks? Of course you do.

03 THE BAR, THE DORCHESTER HOTEL, LONDON

Stunning drinking den in Mayfair which defines decadent luxury (they don't sell Monster Munch). Good news – you don't have to be a member, so anyone can walk in and order a cocktail. Yes, even us.

04 CLOUD 23, HILTON HOTEL, MANCHESTER

The view is great and the bar boasts heavenly décor – with a glass floor in places to look down on mere mortals.

05 HAWKSMOOR, LONDON AND MANCHESTER

If you're looking to save a few bob but still feast on amazing steaks, Hawksmoor does BYOB on Monday nights (£5 charge) so you can eat like a king while paying pauper's prices for the grog.

CREATE THE ULTIMATE EVENING SOIRÉE

Sticking six cans of own-brand lager in the bath isn't going to attract the right sort of people to your get-together. Here's how you get the in-crowd inside your house…

01 PRINT, NOT DIGITAL

"People get added to Facebook group invites all the time and barely even read them. Make a bit of effort with the invites – some decent paper and your work printer will do – and post them out, especially to girls. If you put effort into the invite, people are more likely to come."
Pete Rolfe, PAVE London

02 BUBBLY PERSONALITIES

"Ladies love sparkling wine. Even if you're using cheap Prosecco, add a dash of something sexy like elderflower and garnish it with a piece of fruit. Gin and tonics are cheap and easy to make too, and they'll set the tone."
Tatiana Mercer, BarChick

03 MAKE A PRO BAR

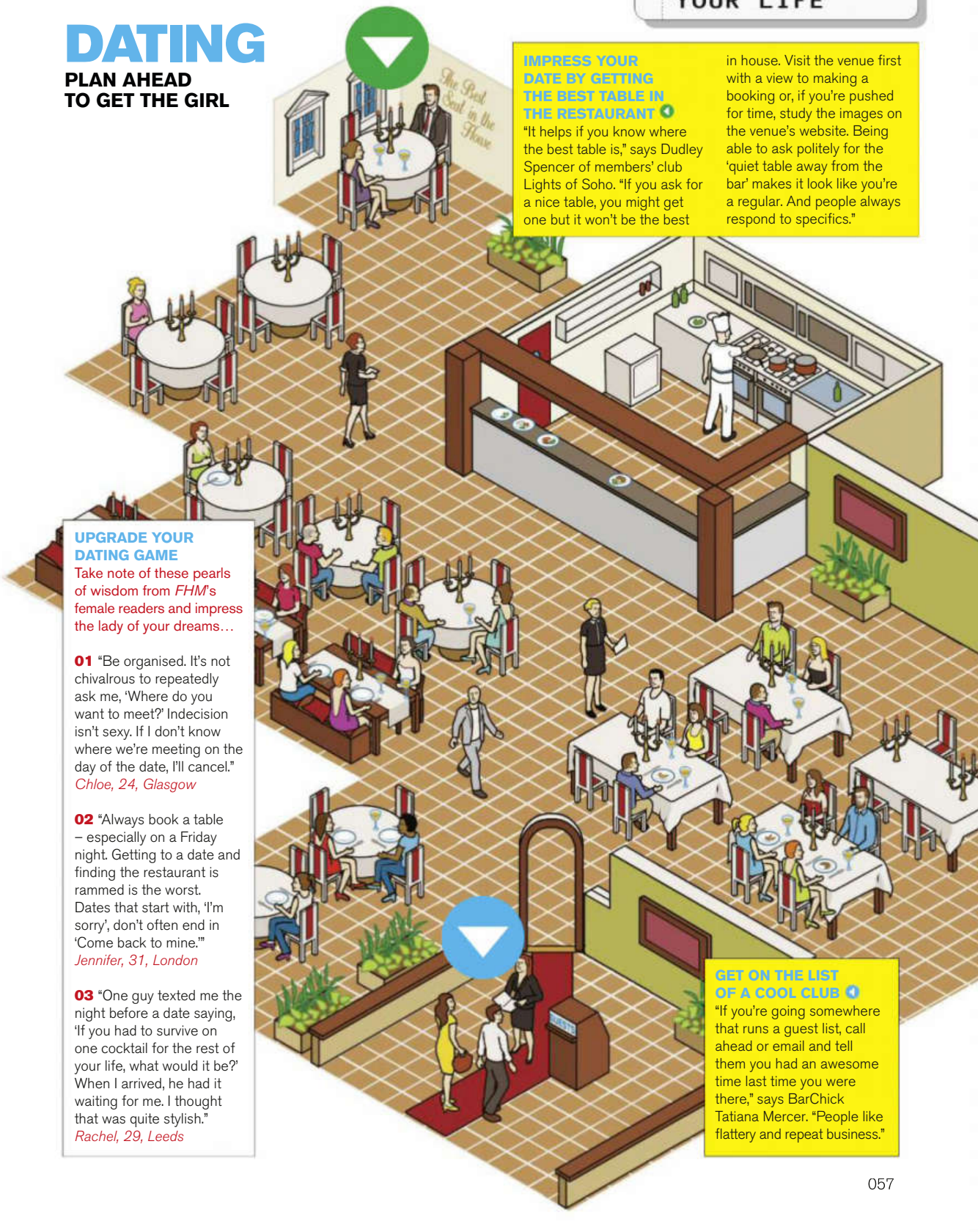
"Make the drinks area look awesome. How much do lemons, lime, ice and mint cost? Stack those up in small bowls or glasses, crush the ice and you've got a mojito bar."
Pete Rolfe, PAVE London

04 GET THE DETAILS DOWN

"Candles are a must for lighting up a dingy flat while scruffy tables can be hidden with a white cloth. Don't scrimp on glassware at a party: no one wants to drink a killer Old Fashioned out of an Ikea tumbler, not even in an ironic hipster way."
Tatiana Mercer, BarChick

DATING

PLAN AHEAD TO GET THE GIRL



IMPRESS YOUR DATE BY GETTING THE BEST TABLE IN THE RESTAURANT

"It helps if you know where the best table is," says Dudley Spencer of members' club Lights of Soho. "If you ask for a nice table, you might get one but it won't be the best in house. Visit the venue first with a view to making a booking or, if you're pushed for time, study the images on the venue's website. Being able to ask politely for the 'quiet table away from the bar' makes it look like you're a regular. And people always respond to specifics."

UPGRADE YOUR DATING GAME

Take note of these pearls of wisdom from *FHM*'s female readers and impress the lady of your dreams…

01 "Be organised. It's not chivalrous to repeatedly ask me, 'Where do you want to meet?' Indecision isn't sexy. If I don't know where we're meeting on the day of the date, I'll cancel." *Chloe, 24, Glasgow*

02 "Always book a table – especially on a Friday night. Getting to a date and finding the restaurant is rammed is the worst. Dates that start with, 'I'm sorry', don't often end in 'Come back to mine.'" *Jennifer, 31, London*

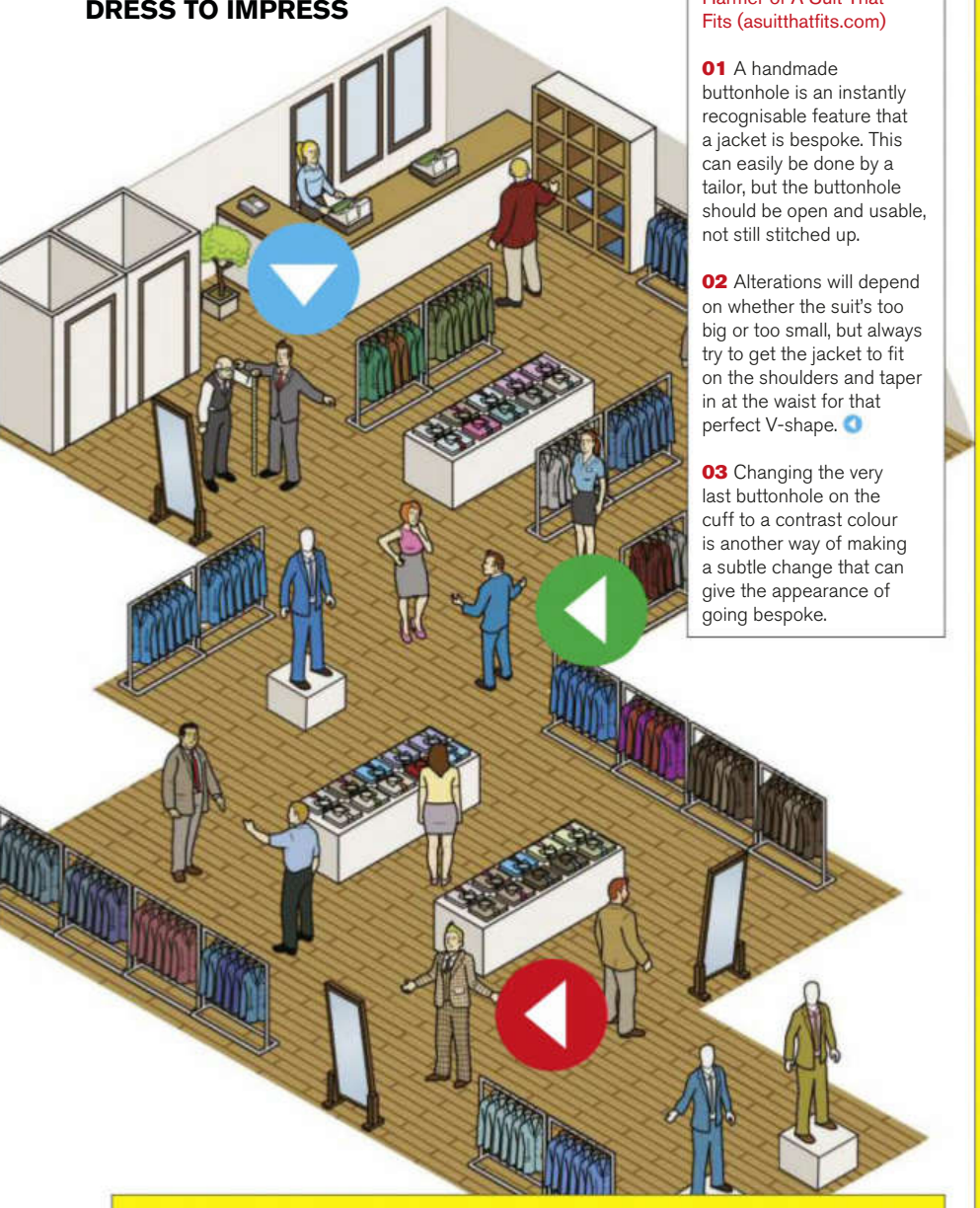
03 "One guy texted me the night before a date saying, 'If you had to survive on one cocktail for the rest of your life, what would it be?' When I arrived, he had it waiting for me. I thought that was quite stylish." *Rachel, 29, Leeds*

GET ON THE LIST OF A COOL CLUB

"If you're going somewhere that runs a guest list, call ahead or email and tell them you had an awesome time last time you were there," says BarChick Tatiana Mercer. "People like flattery and repeat business."

STYLE

DRESS TO IMPRESS



MAKE AN OLD SUIT LOOK BESPOKE

Take in tips from Hayley Harmer of A Suit That Fits (asuitthatfits.com)

01 A handmade buttonhole is an instantly recognisable feature that a jacket is bespoke. This can easily be done by a tailor, but the buttonhole should be open and usable, not still stitched up.

02 Alterations will depend on whether the suit's too big or too small, but always try to get the jacket to fit on the shoulders and taper in at the waist for that perfect V-shape.

03 Changing the very last buttonhole on the cuff to a contrast colour is another way of making a subtle change that can give the appearance of going bespoke.

BUY THE ONLY SUIT YOU'LL EVER NEED

Whether you're buying bespoke or settling for off-the-peg, keep in mind these maxims, courtesy of Simon Cundey of Savile Row tailors Henry Poole

01 NECK
A slouchy neck is a giveaway of a badly fitted suit, but any good tailor can easily alter that.

02 SHOULDERS
Most people are 'down right' – slightly lower on one side – as you mostly pick things up with the same hand. You can alter the padding to suit this.

03 COLOUR
If you only buy one suit, it should be blue – but you can add a little to it with a slight design on the cloth. Look at a 'pick-and-pick' design with very faint squares on or a 'bird's-eye' with slight circular details.

04 ARMS
An off-the-peg suit will have huge armholes as the maker is catering for the largest arms. A bespoke suit will be made to fit yours only. It's fiddly, but armholes can be altered.

05 CUFFS
You want to show around 3/8 of cuff – that should be about 1cm of cuff to beneath your jacket with a relaxed arm. When you raise your arm, that should be about 5/8 of the cuff.

06 LENGTH
The jacket should ideally reach the cup of the hand or the tip of the thumb when you stand.

07 LEGS
The back of the trousers should just hit the welt (where the heel is). Any lower and it's called 'puddling'. Avoid this.

STYLE-HACK YOUR FORMAL WEAR

Look your best and get the most out of your old faithful

01 If you're wearing a check suit, you need a calm shirt. A loud shirt needs a plain jacket and plain tie. The plainer the fabric, the wilder your shirt can be and vice versa.

02 Don't cram everything into one pocket. Spread your wallet, phone and keys around your jacket and trousers. It helps the suit hang – if it pulls one side of your body, the sleeves and trousers will look wrong.

03 Always do a button up when you're being photographed – if it's a two-button suit, just do the top one. Got a three-button suit? Do the middle one.

TECH

GET APPY

BESPOKE YOUR SMARTPHONE

Tap into the latest apps with recommendations courtesy of TechRadar's Gareth Beavis

01 MOMONDO
A cheap flights app with a tracker that shows you the cheapest time to fly.
momondo.co.uk

02 BBC IPLAYER
The downloads give you a decent range of content to save to your phone or tablet.
bbc.co.uk/iplayer

03 FLIO
This app automatically logs you into most airport and train WiFi networks.
getflio.com

04 CITYMAPPER
A must for anyone new to a city, this award-winning app shows you the secret ways to get around, with walking, driving and transit directions all in there.
citymapper.com

05 POCKET
Save articles for offline reading with this app, and read at your leisure.
getpocket.com

06 GOOGLE MAPS
Google Maps' new traffic integration means you get real-time traffic updates, with minute-by-minute info on how much longer your journey could take and clever diversions to get you there on time.
google.co.uk/maps

07 LOUNGEBUDDY
Looking for a seat in an airport? LoungeBuddy shows you where the nearest oasis of class calm is – and will often get you a discount on entry, too.
loungebuddy.com



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Pimp your phone with these genius extras from mobile expert Glen Mulcahy

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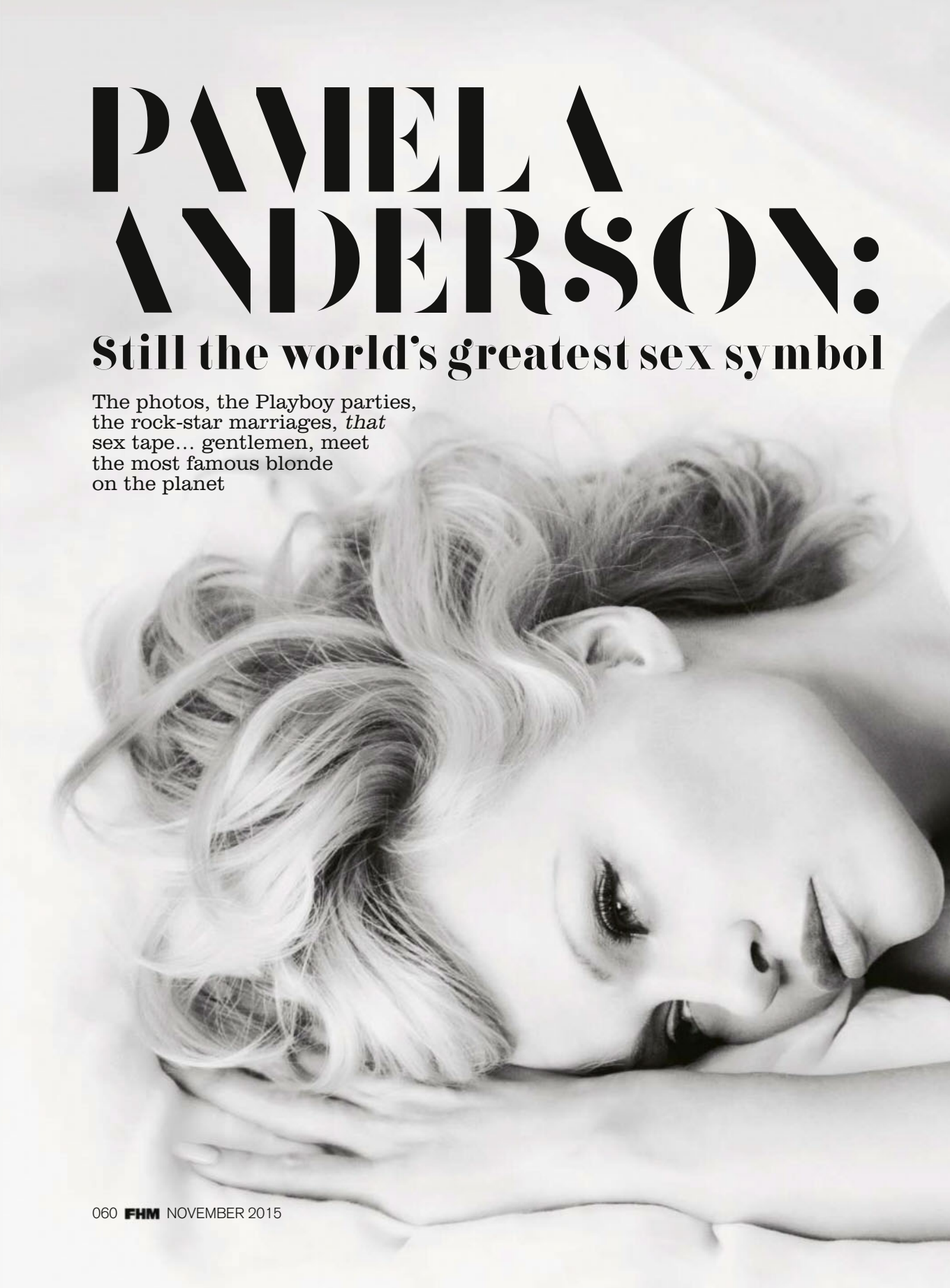
02 OLLOCLIP
So insecure you have to constantly document your life on Instagram? Make your photos look amazing with this snap-on lens that delivers both wide and telephoto options.
£90, olloclip.com

03 SANDISK IXPAND
The 128GB version has twice the storage of an iPhone in a neat and pocketable device, and costs a fraction of the cost of upgrading your phone.
£120, amazon.co.uk

PAMELA ANDERSON:

Still the world's greatest sex symbol

The photos, the Playboy parties, the rock-star marriages, *that* sex tape… gentlemen, meet the most famous blonde on the planet





Words: Chris Sayer
Photography: Emma Dunlavey/Raw/JME Photo



During the summer of 1989, a group of friends headed to Vancouver's BC Place Stadium to catch a football game. It would change the meaning of the word 'sexy' forever.

On the bleachers, among beer-swilling jocks, hotdog-chowing bros and sweaty dudes high-fiving, a stunning Canadian 22-year-old, who almost hadn't joined her mates at the game, caught the eye of the stadium cameraman. He zeroed in on her long blonde hair and 10-outta-10 smile and splashed her 5ft 6in frame across the stadium's mile-high Jumbotron screen, and then on to all the viewers at home. The place erupted. The crowd forgot all about their beloved BC Lions football team, instead whooping and hollering at the super-hot blonde in the super-tight Labatt Blue crop-top.

The Pamela Anderson whirlwind had begun to spin.

By the end of that summer, it was not only those few thousand sports fans that would be wowed by her gorgeousness, but millions around the world. Pamela, who just six months previously was some lucky bloke's girl-next-door, had rocketed her way to the cover of *Playboy* and into the hands and hearts of men around the globe.

The Pamela Anderson whirlwind had touched down.

What followed was a lightening-fast ascent to hyper-stardom. Everything Pamela touched turned into a pop culture icon: the *Playboy* covers; the most talked about 34D boobs in history; the red *Baywatch* swimsuit; more *Playboy* covers; *that* sex tape; the rock-star romances; the rock-star divorces; the PETA campaigns. Ask your mates what they think of when you say the words Pamela Anderson. Everyone has their own favourite image that comes to mind when the world's most famous sex symbol is mentioned.

Now, 26 years on, times may have changed – but Pam's sex appeal is still as irresistible as ever. Need the proof? Have a flick through the next few pages and try to argue otherwise. Read our »



"Playboy parties? Girls were everywhere, giggling and laughing. The sex was amazing: all systems firing"

PAMELA ANDERSON



revealing, no-holds-barred interview, and try to tell us we're wrong.

The Pamela Anderson whirlwind shows no sign of slowing down.

Hey Pamela! How are things over in LA?
Things are really good. My niece is over today and we're swimming in the pool, eating acai bowls from this really yummy local juice bar. I've also got a bit of business to do with the manufacturers of my vegan boots for the beach. Pretty soon I'm off to Russia to speak at a conference. There's a lot happening.

You've got the launch of your new book, too. Why release another when you can already tick off 'best-selling author'?
Well, *Raw* is a coffee-table book, and it's a bit of fly-on-the-wall coverage. I've known the photographer, Emma Dunlavey, for a long time, and we've been up to a lot of mischief together.

So what will it teach us about you that we don't already know?
It's definitely a peek at the real me. I think it might conflict with what you think about me, depending on how well you know me. It should be insightful, though. It'll give you an idea of the madness that runs through my mind.

Let's take things right back to the start, to when you were 'discovered' on the Jumbotron screen at a football game...
That whole thing was just surreal. And to think I almost didn't go to the game! Fame or fortune was something I just wasn't interested in pursuing back then. In fact, it's not something



"I don't think I'll see the *Baywatch* remake. I lived it"

you *can* pursue. It finds you. It was a whirlwind, and one that hasn't stopped since.

Later that year you were on the cover of *Playboy*, and went on to grace it more than anybody else. All the covers are hung in frames in your bathroom, right?

I've kept no covers, actually. You won't find a photo of me in my house! No way. Well, maybe a few family shots of me with my boys, but no *Playboy* covers. No paintings, even. Oh, that's a lie. I do have the painting Ed Ruscha made me, a white 'Pamela' flying through a window with tyre marks. He thinks I'm a little fast, he said.

But your *FHM* cover will take pride of place?

Ha ha. I've done quite a few for *FHM* over the years. But really, I don't keep stuff. It's all been a bit of a blur. [World famous photographer] David LaChapelle always wants to show me pictures we've shot together. He says I'm the only one who never asks to see. I really love to shoot photos, but after the shoot I forget about it. Maybe that's the exhibitionist in me.

OK, so if we were to come round to yours tomorrow, what one thing would have us saying, "Woah, that's incredible!"?

I think you'd really like my pool. It's part of my house, and goes into the guesthouse when all the doors are open. It makes my place feel like a boat. I always need water around me.

We'll bring our Speedos, then. What would you cook for dinner? You've got an online cooking show, so we're expecting big things.

I love beautiful food, and I love to eat outdoors. I do have my own show, called *The Sensual* »





"A man that can cook is so appealing. It's a testament to their lovemaking skills"

Vegan. I love to cook. There are certain foods that are great for blood flow, like onions and ginger, and vitamin C improves your sexual experience. A man that can cook is just so appealing. It's a testament to their lovemaking skills: are they attentive and caring, or do they let the woman do all the work?

Can you recall the wildest Playboy party you ever went to?

Wow, there were so many. It was a very sexy time. It was all wild. The men were elegant, and you badly wanted the most charismatic man there to notice you. Girls were everywhere, giggling and laughing. The sex was amazing: all systems firing. People have begged me for details, but a kiss-and-tell is not my style.

There's a *Baywatch* film on the horizon. What lessons would you give to star Dwayne 'The Rock' Johnson?

They've been trying to make a *Baywatch* movie for years. I'm no fan of remakes, though. It was of the times. I've not had any input with it. Years ago, an old friend told me to hold out for a lot of money as they couldn't make it without me. I'm sure they can, and will, though.

Reckon it'll be any good?

I don't think I'll go and see it. I lived it.

Have you still got the famous red swimsuit?

Of course. I've put it on, jumped in the shower and 'rescued' a few men over the years. Just at my house though. And with friends, too.

Sex has played a major role in your legacy. Is your sex life as good as it used to be?

I think that Viagra has become a bit of an »



epidemic, and I'm not a fan. I want to know what a man is feeling – it's very boring and lazy to just pop a pill. Maybe it's a fear of being vulnerable, of not performing. I love the whole seductiveness of teasing, too. It's part of the fun.

You're pretty well placed to tell us why a girl loves a bad-boy rock star...

Music is powerful, and talent is seductive and very sexy. It's harder when a bad-boy rock star loves you. They're not used to being turned down but the chase can make it exciting. When you can find your creative match, it's heaven *and* hell. I could use a little more heaven now.

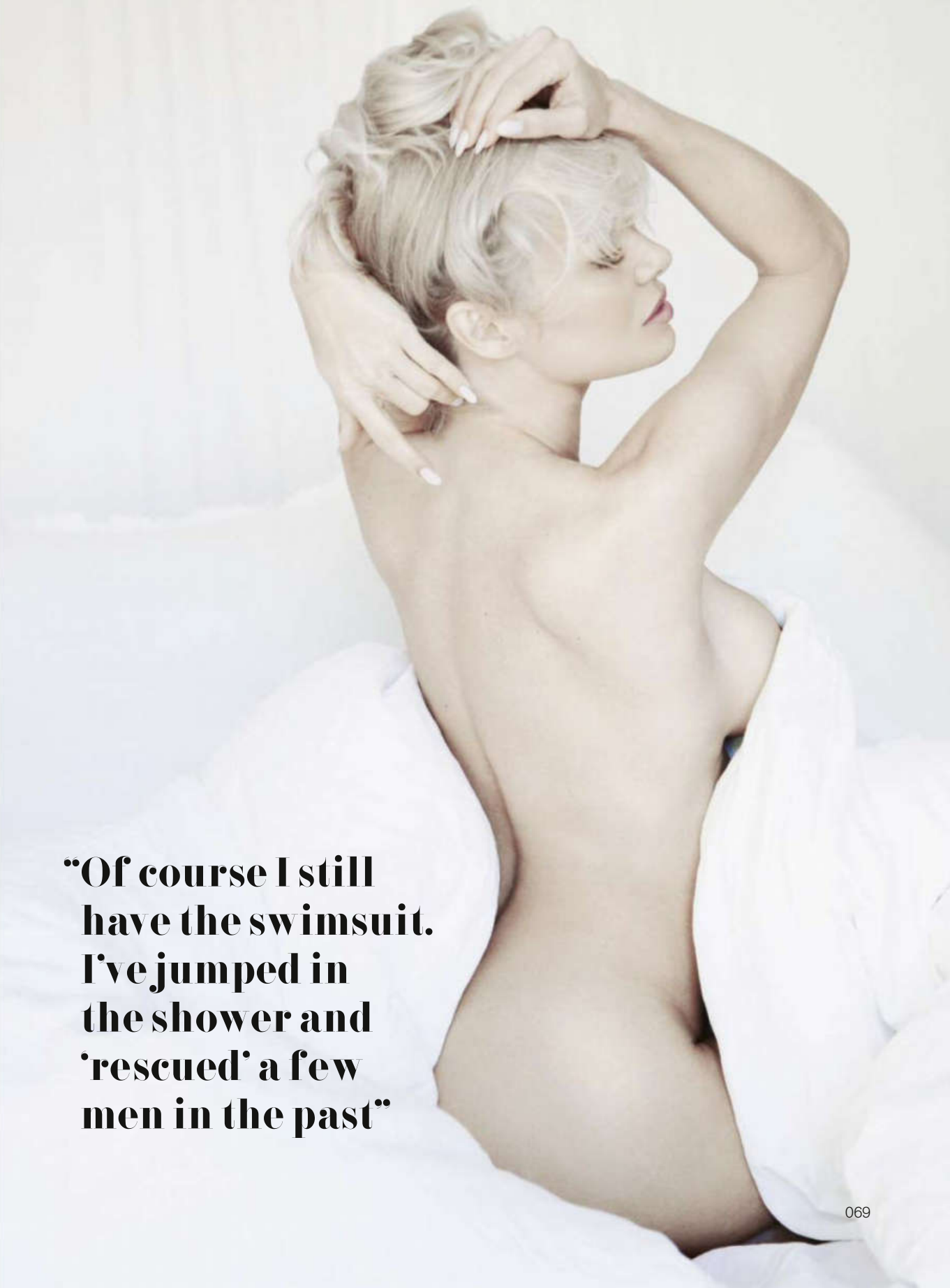
Jay Z rapped about having 'enough stamina for Pamela Anderson Lee' in his song *Big Pimpin'*. How much stamina would he need?

Ha, that's funny. When you hear your name in a song or on TV, it's a little jarring. Eminem rapped about me, but he apologised soon afterwards. He's so sweet. It's art, and I didn't need an apology, but I'm flattered. But stamina? Well, I have a lot. I'm a very healthy girl.

How did Sacha Baron Cohen convince you to let him 'abduct' you in *Borat*?

That was pretty intense! We met at Chateau Marmont, and he just asked me outright. He followed me around after that for a while – he really gets into character. I did know it was going to happen, and I was in on it, but it was still frightening! I was actually thrown into a bookcase and chipped my jaw, but I would totally do it again. I feel so honoured that he made that film. It was crazy.

You've starred in way more films than just »



"Of course I still have the swimsuit. I've jumped in the shower and 'rescued' a few men in the past"

PAMELA ANDERSON

"Eminem rapped about me, but he apologised soon afterwards"

that one over the years, though...
Only a few. I was raising kids, so I never wanted to be away from them. I did as little as possible so I could be at home.
One you *did* do is the hugely underrated *Barb Wire*. You play a bounty hunter in 2017, which is now really close. Which of your on-screen tactics would you happily employ if the world did turn to shit in two years, and you were our only hope?
I'm not a killer. But I'd trade some endangered species for the ones who slay them for no good reason.
One thing that will probably never change is the paparazzi's appetite for a photo of you. What's the strangest place you've found a photographer hiding to snap you?
They've been in trees, and they've tried running me off the road when I was pregnant. It never went down well with my husbands or my dad. As a man, you want to protect your lady. I've started a lot of fights, but it's really tough in California because everyone wants to sue you. It's almost like a set-up. Tommy [Lee, Pamela's former husband and Mötley Crüe drummer] and I were pepper sprayed, and sued, a few times.
You must've developed a thick skin after experiences like that.
I wouldn't say so. I feel everything deeply. We all get our feelings hurt. But not becoming bitter is what makes us attractive. It's human. It's life. I've had a lot of ups and downs, but I'm not a victim.
Finally, what's the secret to being, and staying, so jaw-droppingly sexy?
Ha ha. Compassion is sexy. Love relentlessly. That's sexy.

Pamela's new book Raw *is available from amazon.co.uk*



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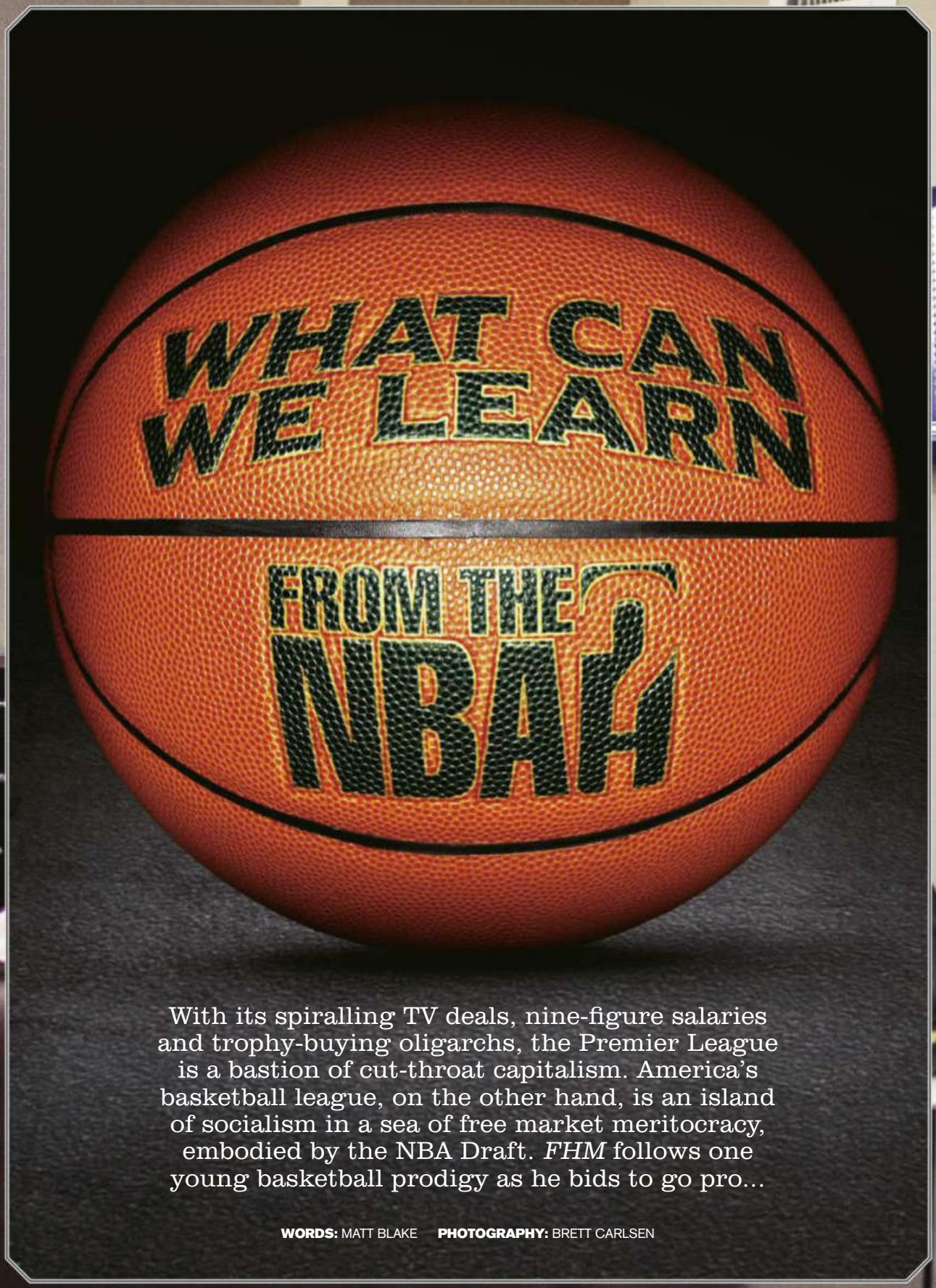
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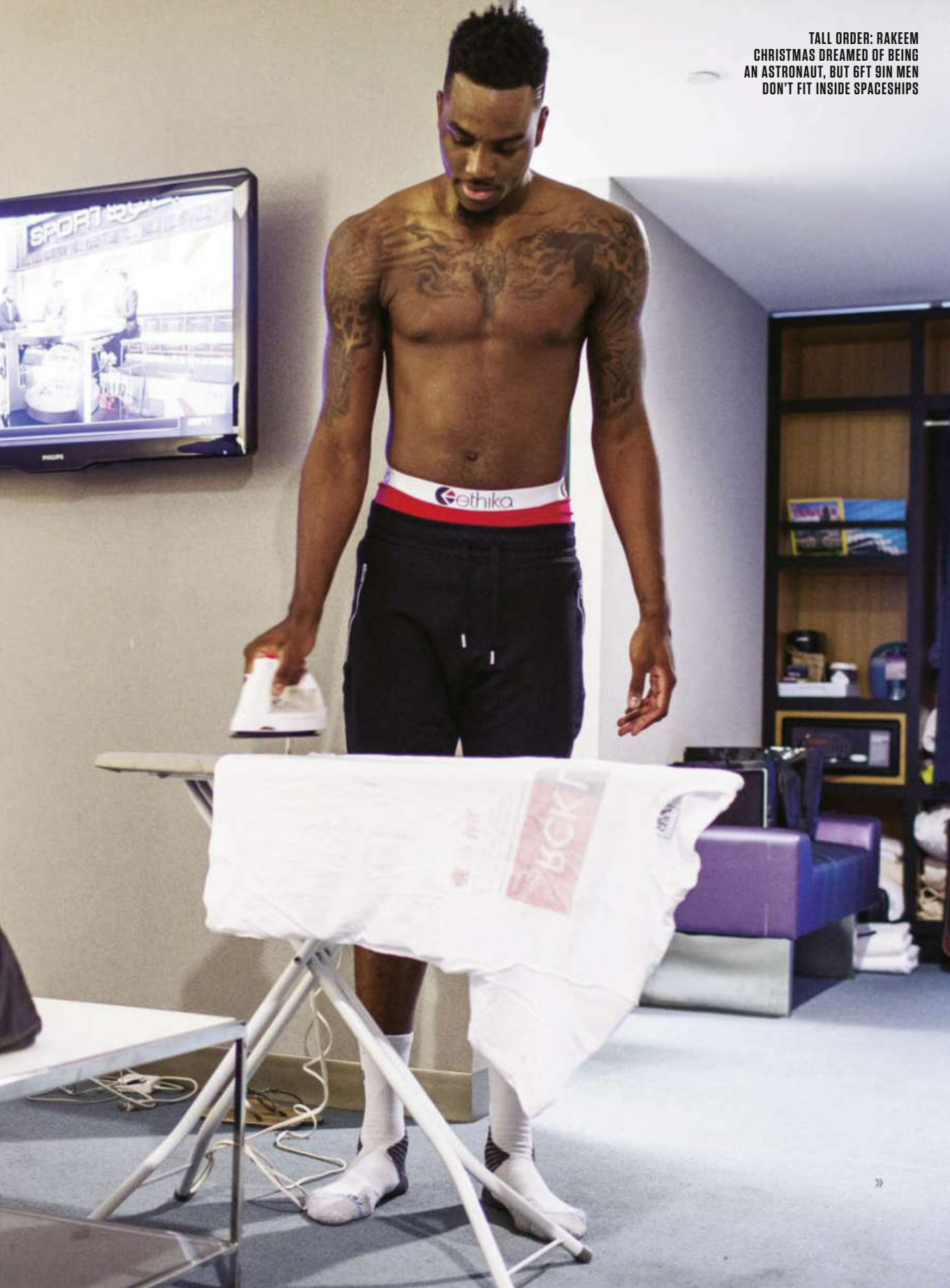
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With its spiralling TV deals, nine-figure salaries and trophy-buying oligarchs, the Premier League is a bastion of cut-throat capitalism. America's basketball league, on the other hand, is an island of socialism in a sea of free market meritocracy, embodied by the NBA Draft. *FHM* follows one young basketball prodigy as he bids to go pro...

WORDS: MATT BLAKE **PHOTOGRAPHY:** BRETT CARLSEN



TALL ORDER: RAKEEM CHRISTMAS DREAMED OF BEING AN ASTRONAUT, BUT 6FT 9IN MEN DON'T FIT INSIDE SPACESHIPS

The uncomfortable silence in Rakeem Christmas's hotel room is broken by the buzz of hair clippers attacking his high-top fade. The college basketball prodigy frowns into his black iPhone 6 while a portly barber in a flat cap shaves lines into his head.

The atmosphere is tense. Rakeem's aunt, girlfriend, uncle and his agent mill nervously about without a word; they know better than to disturb Rakeem during the most important haircut of his life.

He doesn't talk; he just swipes the tiny iPhone in his giant hand with the intensity of a confused caveman trying to read his own palm. If only the device could let him see forward to the following evening. For tomorrow night, the 23-year-old from the tiny Caribbean island of St Croix will learn if he is to become a millionaire. It is the night when the moneymen of America's 30 professional basketball teams gather at Brooklyn's Barclays Center to pick the best young college hopefuls they want to sign for the season ahead. Those who make it will get a chance to live the life of every American schoolboy's dreams: roaring crowds, unimaginable wealth, women, cars and a place on court beside their heroes. Those who don't will probably wind up playing in Europe or China, or not at all. This is where it starts. It is also where it can end. Tomorrow night is the NBA Draft. And Rakeem Christmas is on the list.

When the buzzing stops, Rakeem unfolds out of his seat into 6ft 9in of tattoos and brawn. "I'm back!" he says in a deep East Coast drawl. He turns to *FHM* and grins. "I've got a swaggy mentality – I gotta look fly all the time," he tells us. "Especially for tomorrow – the biggest day of my life."

"If only your momma could see you now," says Amira, who is both Rakeem's aunt and manager.

"She can," Rakeem replies. "She's looking down right now."

Rakeem doesn't remember his mother. Landra 'Jenny' Hamid was only 28 when she died of the auto-immune disease lupus. Rakeem was five. "During her funeral, I don't think I was crying or anything," he tells us. "I was just there not knowing what was happening. I really don't remember anything at all."

Rakeem stayed with his grandmother on St Croix in the Virgin Islands until he was 13, before she took him to Philadelphia to live with Amira, then a 22-year-old graduate of



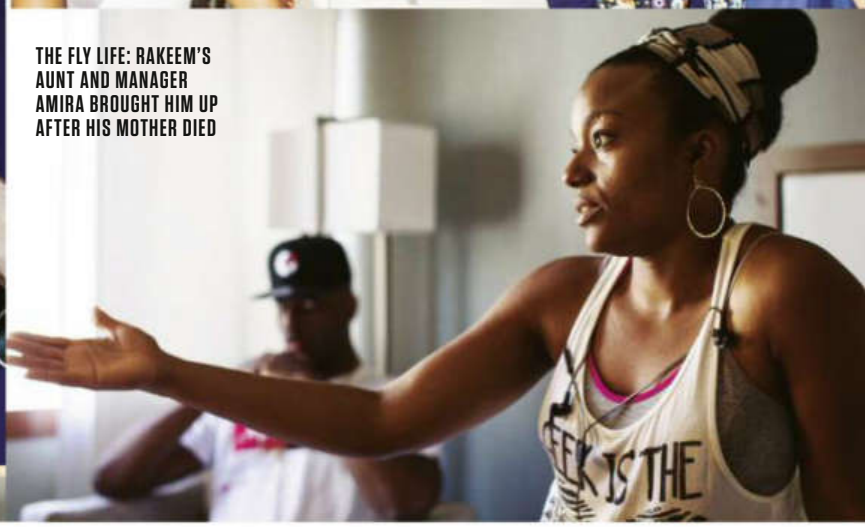


"How many people have the opportunity to do the thing they love the most for millions of dollars?"



HIGH HOOPS: AT SYRACUSE UNIVERSITY, RAKEEM WAS A PROLIFIC POWER FORWARD





THE FLY LIFE: RAKEEM'S AUNT AND MANAGER AMIRA BROUGHT HIM UP AFTER HIS MOTHER DIED

Drexel University. She shepherded him through high school, applying the same focus to his studies as she knew his mother would have done.

"He is my everything," Amira tells us. "My son, my nephew, my brother, my best friend. I always told him, 'If you want to be a physicist or an astronaut, I'll Google it and, within a month, I'll know everything I need to get you there.'"

But adolescents of 6ft 9in don't fit inside spaceships, so he chose basketball instead, developing a reputation as a prolific power forward.

By the time he was 18, US colleges were trampling each other to sign him. He chose Syracuse University in New York, where he majored in communications and rhetorical studies. He also dominated the college team's basketball court, which brings him here, to the NBA Draft – arguably the biggest media circus in world sport.

Socialist dreams

Sports in America are not like sports in Europe, and not just because we like to kick stuff while they prefer to throw it. No, operationally speaking, European football is more 'American' than basketball. And basketball is more 'European' than football.

Hear us out: in Europe, with its long history of socialist values, the sporting arena is a snake pit of unbridled, shit-or-get-off-the-toilet capitalism: clubs that win the league gain more revenue, buy the best players, pay the highest wages, and then win the league again.

Not so in America. For a nation so geared towards the capitalist dream, where society's winners get rich and get laid, and losers get left to rot or shot by police, the American sports model is a carefully tailored system of checks and balances. In the NBA, for example, the richest teams pay heavy taxes to support the minnows; there are salary caps and, with just a single league, no relegation.

Then there's the NBA Draft – the most socialist aspect of all where, rather than be punished for losing, the worst performers of the previous season get the first picks of the upcoming college prodigies.

"It's to help out the smallest teams," Rod Thorn, outgoing president of basketball operations, tells us when we visit NBA HQ in Manhattan. "Basketball's different to other sports in that you only have five players on court at any one time. So one guy makes a huge difference – especially if he's someone like Michael Jordan, Shaquille O'Neal or LeBron James – he could win you the league."

Put simply, the NBA Draft is a bit like the dole – except with up to a 25 per cent chance of becoming a »

PHOTOGRAPHY: ALAMY

multi-millionaire. But, like the dole, it's also easy to cheat the system. This is called tanking – losing on purpose for a better chance at scoring a superstar for the season ahead.

"Tanking has certainly become more of an issue in recent years," says Thorn. "But it's difficult to tell your fans, 'We're not going to try to win.' That's a tough sell and I like to think it doesn't happen as much as the media would have you believe."

Standing out and looking fly

The world's media are already outside the Westin Times Square Hotel in Manhattan when we arrive for the Annual NBA Pre-Draft Style and Gifting Suite – surely one of the most bizarre pre-season rituals in any sport. In the two days prior to the draft, nearly two dozen members of the NBA draft class make their way to the top floor of the five-star hotel to help themselves to free headphones from Beats by Dre, clothes from Sean John, booze from Hennessy, boxer shorts from Ethika, mobile phones from Samsung, jewellery, trainers and gourmet cheesecake.

"College players aren't allowed to accept any kind of gift, sponsorship or payment of any kind," Amira explains. "But that ends as soon as they join the NBA, and it's open season for sponsors to get them to wear their stuff." In one room, EA Sports scan a 3D image of Rakeem's head for the next *NBA Live* computer game.

How does it feel for the world to suddenly want your signature? "It's pretty cool," he says laconically. "But, y'know, it's a sideshow. This is the greatest sport in the world and I just wanna get on court and show everyone what I've got. Nothing was ever given to me – I've worked hard to be here and I plan to work harder."

Next is the official suit fitting. On the sixth floor, we enter the fitting room to find Chris McCullough, another draft hopeful, strutting around the room in a burnt-marmalade blazer and cricket-white chinos.

"Looking flyyyyy, G," Rakeem tells him with a fist-bump and a bro-hug (they played together at Syracuse). But it's nothing compared to what Rakeem's selected: a navy suit with an eye-burning floral-pattern jacket.

"The draft is about standing out," Rakeem says. "The world's cameras are on you, so you gotta look fly."

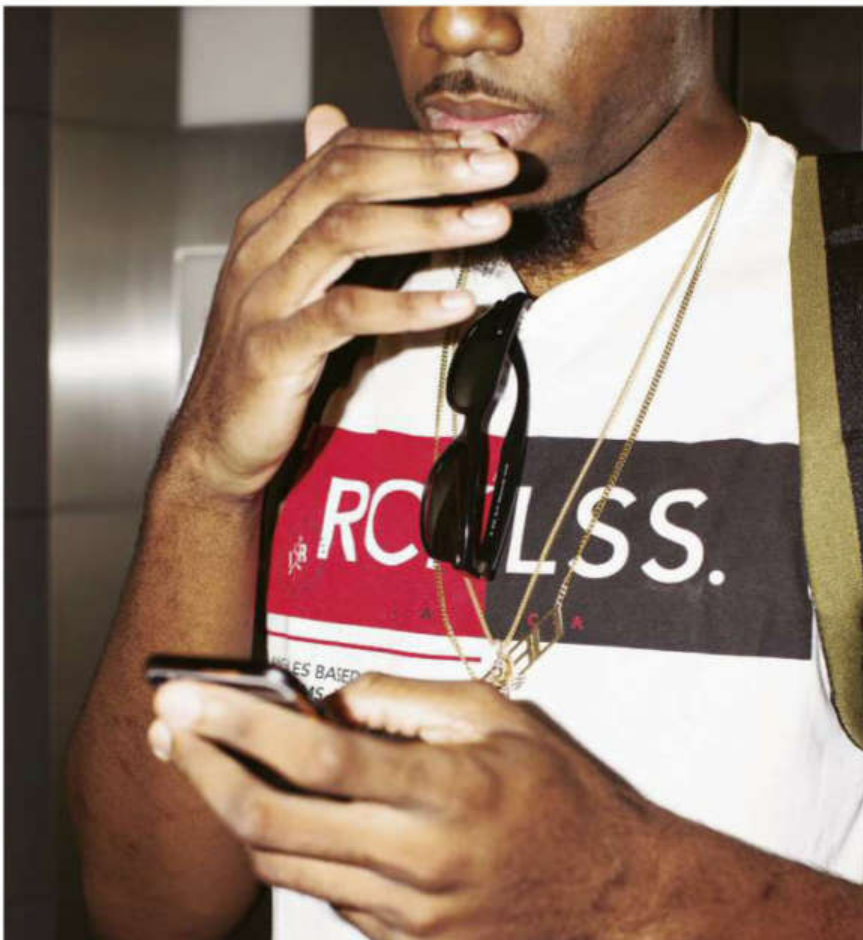
We want to tell him our great aunt has something similar covering her kitchen table in Burnham-on-Sea, but we assume he wouldn't know where that is. And anyway, he's back looking at his phone again.

Tears and celebrations

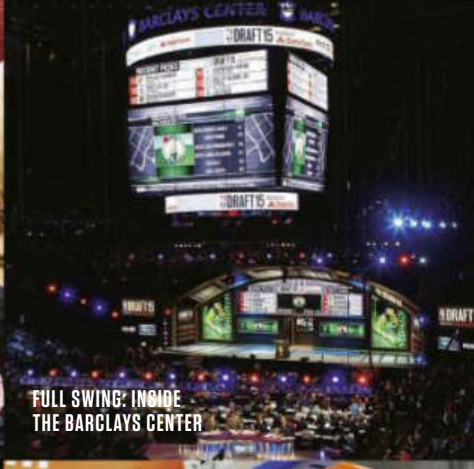
The next day is Draft Day and it's time for Rakeem's final strategy meeting with agent Stephen Pina.

In the hotel room, Pina is running through which teams he thinks are likely to pick Rakeem. "At pick 24 – which is Cleveland – you're one of two players they want," Pina tells his young client. "At 27 – the Lakers – you're one of three. The 76ers just called me and said if they can, they're going to try to grab you. But I also know New Orleans, Dallas, Boston,

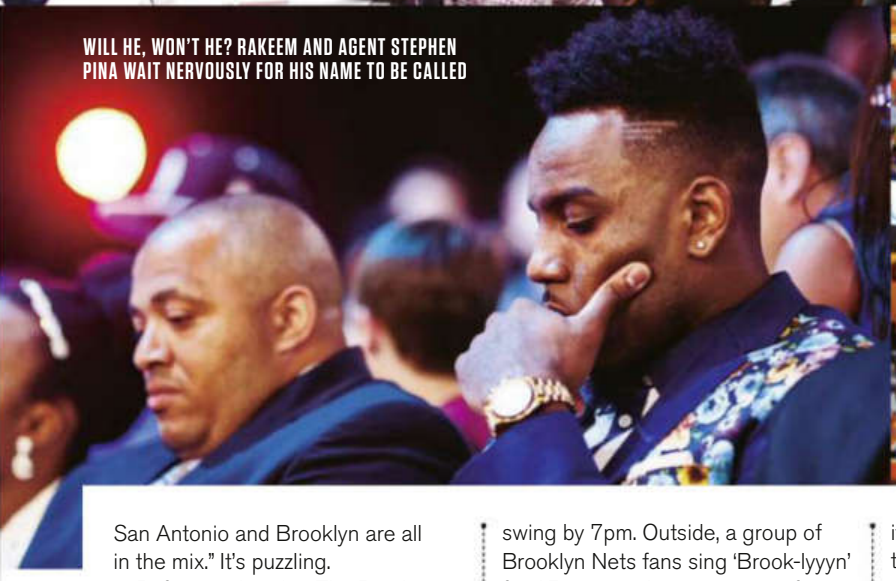
"It's Peter Pan syndrome; basketball is a sport where you don't have to fully grow up until you retire"



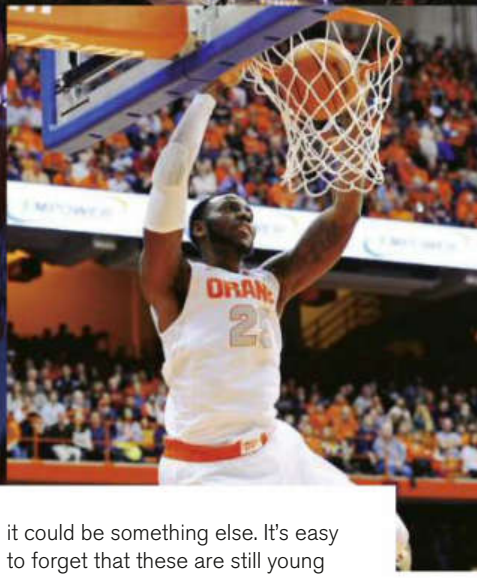




FULL SWING: INSIDE THE BARCLAYS CENTER



WILL HE, WON'T HE? RAKEEM AND AGENT STEPHEN PINA WAIT NERVOUSLY FOR HIS NAME TO BE CALLED



San Antonio and Brooklyn are all in the mix." It's puzzling.

Before we head to The Barclays Center, Rakeem's extended family – including his father, aunts, uncles and cousins – have flown in for a Chinese meal in Manhattan.

Even his 63-year-old grandmother, Evelyn, is here to cheer him on. "The last time we were all together was when my daughter died," she tells us. "I took Rakeem everywhere after her death – I had to keep him close to my heart. Even now. I go to every game he plays, shouting and cheering. I get tears in my eyes every time I talk about it."

"All this is for my family," says Rakeem. "Last time I visited St Croix, I didn't like seeing the way they were living; it was like watching a movie. People had outhouses. You had to go to the river to wash your clothes. If I make it tonight, I want to give back to my family, help them out."

The Barclays Center is in full swing by 7pm. Outside, a group of Brooklyn Nets fans sing 'Brook-lyyyn' for 15 minutes between swigs from their 'Thirst Aid' beer hats. This is a sensory overdose of uncut Americana, mainlined through our eyes.

As we enter, two ESPN sportscasters at a lit-up TV coffee table in front of the main stage are saying things like, "Hey, y'know, this guy's got a lot of stuff to his game," and, "Yeah, he has hoops, not hopes." During the many breaks throughout the next seven hours, a breathlessly chipper female host fluffs the crowd with selfie and dancing challenges while a team of cheerleaders throw 'swag' into the crowd. It's as exhausting as it is exhilarating.

First to pick are the Minnesota Timberwolves, because they were hopeless last season. Then the LA Lakers, then the Philadelphia 76ers, then the New York Knicks, and so on.

Rakeem is quiet in his tablecloth flower-suit. It could be nerves, but it could be something else. It's easy to forget that these are still young men. It was only for this trip that Rakeem decided to leave his trademark SpongeBob SquarePants backpack at home. "I wear it everywhere, but I thought I should grow up for the Draft," he laughs. "But I love SpongeBob. I still watch him to this day. SpongeBob, Pokémon, the Disney Channel. If it makes me laugh, I'll watch it. I don't care what people say."

At that moment, a draftee walks on stage in a shiny red suit and golden, spike-studded smoking slippers. "Whoever gets me is getting a jewel, y'know what I mean?" he tells the sportscasters with hubris typical of tonight. A second player walks on in red tartan trousers, followed by another in a blue-and-white polka-dot bow tie and gold medallion. If CBeebies did fashion shows, they might look like this.

Minutes later, in the corridor »







FLOWER POWER: THE NBA DRAFT IS A SENSORY OVERDOSE OF PURE AMERICANA



VERIFIED: RAKEEM CHECKS IF HE'S TRULY MADE IT

"The NBA's system acts as a pressure valve for Americans to let off a little socialist steam"

backstage, we bump into former LA Lakers star and NBA legend Robert Horry. "These guys ain't even men yet – most of them can't even buy liquor," he says. "But this is life-changing. How many people have the opportunity to work only three hours a day doing the thing they love most in the world and make millions of dollars for it? It's Peter Pan syndrome; it's a sport where you don't have to grow up until you retire. I got to be a kid for 20 years. Now I gotta grow up!"

By the 30th pick, Rakeem's name still hasn't been called. He and his team are starting to look nervous.

Then, finally, it comes: pick number 36 by the Minnesota Timberwolves. A frantic NBA flunky hands Rakeem a Timberwolves hat and, after more fist-bumps and hugs, he goes on stage, shakes an NBA fat cat's hand and joins the ESPN table.

Amira is in tears, Evelyn's waving her arms in the air and Pina's slumped in his seat talking on his phone. Then, literally as Rakeem gushes to ESPN about how much he loves Minnesota, Pina tells us: "I've just had a call; Rakeem's been traded to the Cleveland Cavaliers."

"What, in the past 20 seconds?" we ask. "Does he know?"

"Yeah, but the world doesn't know and he's on live TV," he replies, his eyes filling with tears. "He'll be getting $1.7 million over the next two years. I can't speak right now. It's too much." Things move fast in the NBA – since our time with Rakeem, he was traded again to the Indiana Pacers for a reported $4.4 million over four years.

A fairer system?

In the 23 years since the English Premier League was created, 47 clubs have competed, but only five (10.6%) have ever lifted the trophy. While ours is a system that ruthlessly punishes failure, it also lets time-old rivalries thrive and relegation dogfights mean every team has something to celebrate. The NBA, meanwhile, has seen 30 teams compete in the same period, of which nine (30%) have won. Certainly it is

fairer; anyone can win. But there's a case to be made that salary caps exist merely to hold down player salaries to benefit the owners and that the ring-fence around the NBA league eliminates the threat of new franchises diluting the earning power of a cabal of very rich men.

Perhaps our respective set-ups are exactly what we both need. The NBA's system acts as a pressure valve for Americans to let off a little socialist steam before throwing themselves, fully cleansed, back into the capitalist meat grinder. For Europeans it's the opposite: football is the chance to channel our inner Rupert Murdoch before returning to being good welfarists on Monday.

Rakeem doesn't care about that. He's now a millionaire. And he's dancing in the street, with a bottle of D'Ussé Cognac in his hand, as Drake's *Know Yourself* blasts out.

It's 2am and we've just arrived at Jay Z's 40/40 club in Manhattan. The girl with the clipboard doesn't even ask who we are: one look at Rakeem and she lifts the VIP velvet rope and ushers us inside.

"Yo, Rakeem," laughs Pina. "You're an NBA player now… you'll never have to pay to enter a club again."

But Rakeem's not listening; he's looking at his phone again. Though this time he's not frowning, he's grinning wider than at any time since we met. "Hey y'all, I can't believe it," he yells. "I've finally made it!"

"What?" we ask. "You've been traded to an even bigger team?"

"Nah," he replies, the greenish glare from his iPhone lighting up his face like Kryptonite. "I've just been verified on Twitter." FHM

To follow the NBA in the UK, visit facebook.com/nbauk or @NBAUK on Twitter. The new season will be broadcast live on BT Sport this month



NBA BOOGIE: RAKEEM WILL NEVER HAVE TO PAY TO ENTER A CLUB AGAIN

THE NBA VS THE ENGLISH PREMIER LEAGUE

REDISTRIBUTION OF WEALTH VS FREE-MARKET MERITOCRACY

NBA: All teams contribute around 50% of their revenue, which is redistributed among smaller teams to keep them financially stable.
EPL: A small circle of the richest teams gobble up the largest slices of TV and sponsorship revenue, oblivious to those underneath.

NO RELEGATION VS RELEGATION DOGFIGHTS

NBA: At the end of a season, the only punishment for coming last is shame. The lowest ranking teams bolster their roster by getting first picks of the best college players.
EPL: Failing to get results can plunge bottom teams into a relegation dogfight, desperate to reap the many lucrative financial incentives of staying in the EPL.

SALARY CAPS VS NINE-FIGURE FEES

NBA: Players can be traded in exchange for other players, draft picks or a limited amount of cash to maintain competitive balance.
EPL: The teams with the deepest pockets can buy the world's best players for as much cash as they like, freezing out poorer teams.

ANYONE CAN WIN VS SAME WINNERS EVERY YEAR

NBA: The NBA is divided into two conferences, Eastern and Western, the top eight of which qualify for play-offs – giving more chance of glory to more teams.
EPL: Small clubs have no chance of winning the league. The best fans can hope for are a few upsets and the chance to do it all over again, if they can avoid relegation.

PARANORMAL BRITAIN

THE POLICE FILES



IF A GHOST STOLE YOUR TOOTHBRUSH OR A FAIRY WRECKED YOUR GARDEN, WHO WOULD YOU CALL? A PRIEST? GHOSTBUSTERS? WELL, SINCE 2013, 504 PEOPLE CALLED THE POLICE. HERE'S WHAT THEY SAW...

WORDS: **MATT BLAKE** & **JOEL GOLBY**
ILLUSTRATIONS: **DEAN BEATTIE**
ADDITIONAL RESEARCH: **EMILY CASEY**, **JOE BAKER** & **SOPHIE MORRIS**

Chip-stealing ghosts, child vampires and fairies who move pot plants – these are some of the supernatural events reported to police across England and Wales in the past three years, an *FHM* investigation can reveal.

We sent an FOI (freedom of information) request to each of England and Wales' 43 police forces asking for the details of all 999 calls relating to paranormal activity since 2013. Of those, 28 forces sent us their X-Files.

And as our regional breakdown shows, paranormal beings are into pretty weird stuff. Of course, some callers may be pranksters who, the National Police Chiefs' Council says, are "not only foolish, [but] can put lives at risk. Police will consider the possibility of action against those who waste their time".

A proportion of callers may also have been mentally unwell, and we've tried to weed out the most obviously erroneous claims while keeping an open mind.

But the Catholic church takes the issue so seriously, it has 10 exorcists in England and Wales who banish between 80 and 90 evil spirits every year.

The Rev Dr Gareth Leyshon, an exorcism consultant for the Catholic church (who has a PhD in astrophysics) says, "To believe you've seen a ghost or other supernatural being does not necessarily make you mad – far from it. It is a very real issue for a lot of ordinary people."

After all, a 2013 YouGov survey found that 52% of British people wholeheartedly believe in the supernatural. Are you one of them?

TOTAL NUMBER OF PARANORMAL SIGHTINGS ACROSS THE UK SINCE 2013

	2013	2014	2015	TOTAL
GHOST	48	93	57	198
WITCH	37	35	24	96
UFO	9	19	17	45
ALIEN	17	26	42	85
FAIRY	1	2	3	6
ZOMBIE	14	11	1	26
WEREWOLF	1	0	0	1
VAMPIRE	2	9	3	14
SPIRITS	1	3	6	10
POLTERGEIST	1	9	9	19
MONSTERS	1	3	0	4

NORTH-EAST



COMMON COMPLAINTS

Durham, Cleveland and Northumbria police forces receive a diverse number of supernatural crimes and complaints. In February, one man reported six UFOs in the sky above Lackenby (police note: "possible lanterns due to Chinese New Year"); in August 2014, a Billingham man reported he couldn't drive because of "fairies in front of my eyes"; in Middlesbrough last February, a woman reported ghosts had broken into her house and were hiding in the loft. But the scariest call of all came again from Middlesbrough in December 2012 (while this was clearly just out of our timeframe, this couldn't go without a mention): "Female reporting there are child vampires in her house. One is asleep on the settee with things on its eyes, the other one's head keeps falling off."

MOST UNUSUAL CALL

Don't know about you, but a child's head repeatedly falling off while it chills on the sofa in front of *Match Of The Day* is pretty unusual.

WHAT WE CAN GATHER

Vampires live among us, but they're not currently a threat. Hollywood movies will have you thinking vampires are 'roided-up mega warriors capable of biting our brittle human necks in two, sprinting up trees and beckoning animals like bats to do their bidding for them. But no, they are just children with very floppy heads. We, for one, welcome the inevitable war of the undead now, knowing a swift kick to the neck will disarm any and all vampires by sending their head spiralling into the Tees.

	SIGHTINGS
GHOST	25
WITCH	5
UFO	2
ALIEN	14
FAIRY	1
ZOMBIE	4
WEREWOLF	1
VAMPIRE	1
SPIRITS	0
POLTERGEIST	1
MONSTERS	0

YORKSHIRE & THE HUMBER

COMMON COMPLAINTS

Yorkshire is home to some of the country's more creative ghosts and fairies: complaint calls to West Yorkshire police include witches and wizards "wearing metal clothes" in September 2014; the previous June, a caller reported two ghosts playing a sprightly game of late-night tennis while another rang the same month to inform police that he was "lord of the water fairies and the bad frogs" (it's not clear if he was threatening a *Lord Of The Rings*-style toad rebellion or simply making them aware of his new job at a magical marine wildlife centre). In September 2013, one caller flipped the whole police vs ghosts dynamic on its head by telling South Yorkshire police that '999' is '666' upside down, which makes every member of the force a ghost. It's not clear if the ghost police investigated the game of ghost tennis, seeing as tennis isn't technically illegal.

MOST UNUSUAL CALL

"[Caller had to] make us aware of a noisy, smelly ghost-like prostitute who can't be seen but can be smelt through the wall."

WHAT WE CAN GATHER

Yorkshire is the epicentre of ghosts, with its armour-clad wizards and its ghost prostitutes and spirit police. It's a wonder any actual live humans live in Yorkshire at all. Go there if you want to see the ghost of Fred Dibnah 'go Wimbledon' on the ghost of Richard Griffiths, while ghost whippets sprint between your legs. The ghost police will watch on, helpless.



SIGHTINGS	
GHOST	38
WITCH	10
UFO	3
ALIEN	37
FAIRY	3
ZOMBIE	4
WEREWOLF	0
VAMPIRE	0
SPIRITS	9
POLTERGEIST	5
MONSTERS	1



NORTH-WEST

COMMON COMPLAINTS

When the undead uprising inevitably decimates our green and pleasant land, we will know where it first started: Bootle. Liverpool and the nearby Merseyside town are a hive of lurching, reanimated corpses. In March 2013, a caller reported "four people in [their] flat, like zombies"; in October 2014, a call from Southport requested immediate police attention as there were zombies in the building; in Liverpool in May 2013, a report stated a group of people in an alley, walking like zombies. And in February 2014, Cumbria constabulary got a call from a Carlisle resident claiming monsters were in their home.

MOST UNUSUAL CALL

Greater Manchester police had a caller in November 2014 claiming there was a ghost in their house and that "shampoo [had] gone missing as well as a toothbrush". Let is go mate, that's about £4.

WHAT WE CAN GATHER

Zombies exist and are real and the police are useless at dealing with them. Because we know how the dead shall rise: some ancient and pernicious god, tired of seeing us all run around with clear eyes and iPhones and the power of speech, will condemn us to be slaughtered by a newly risen army of the undead, crawling in droves from their graves. And what will the police in Merseyside do? Judging by their current zombie response team, nothing at all. The dead shall rise, and we will be doomed. Get out of Liverpool while you still can.

SIGHTINGS	
GHOST	42
WITCH	19
UFO	13
ALIEN	1
FAIRY	0
ZOMBIE	5
WEREWOLF	0
VAMPIRE	0
SPIRITS	0
POLTERGEIST	2
MONSTERS	2



THE MIDLANDS

COMMON COMPLAINTS

As well as the usual ghost stuff – a ghost, one caller told Derbyshire constabulary, stole his copy of *Call Of Duty* before another rang the police and solemnly asked for the Ghostbusters – The Midlands is also a UFO-cum-alien hotspot, with one caller in Derbyshire reporting an alien trying to inject them "with something" and another nearby who claimed their house was built by aliens. There was also an informer who asked Leicestershire police to put him through to NASA after he spotted lights in the sky and was "worried an alien invasion was about to occur". Then there was the caller who said they had trapped a UFO in their freezer and asked if there was anything the police wanted to do with it. Police protocol over what to do when you have a frozen UFO is unclear. Also, with 27 witch sightings, recorded mostly around Birmingham by West Midlands police (nearly half the UK total), the Midlands would appear to be the occult capital of the UK, but then a police source told us this could also be explained by the fact that some police officers can't spell 'which', witch spells trouble to us.

MOST UNUSUAL CALL

"Caller stated that they had been a vampire." Presumably they weren't any more.

WHAT WE CAN GATHER

Midlands people are waging an inter-terrestrial war on aliens and, judging by the fact that the area hasn't been destroyed in a hail of lasers, they're winning.

SIGHTINGS	
GHOST	35
WITCH	27
UFO	13
ALIEN	15
FAIRY	0
ZOMBIE	9
WEREWOLF	0
VAMPIRE	5
SPIRITS	0
POLTERGEIST	0
MONSTERS	1

SOUTH-EAST



COMMON COMPLAINTS

The South-East is the witchcraft and wizardry epicentre of the UK, making it the place to go if you want someone cursing or need a dead rat properly dissected (police here also know how to spell 'which' properly, unlike their brothers and sisters in the Midlands). There were a whopping 35 black-cat-and-cauldron-related calls over the past three years in this part of the country, so it seems the South-East is where witches like to get their coven on and gather en masse. In April, Norfolk police received a call from a man who said he was "surrounded by witches" (there's a chance he was Gino Tonioli calling from the set of *Loose Women*, though). Thames Valley police, meanwhile, were dealing with an incident where a caller had been threatened with "wickedness and witchcraft". Later that month, they received a call warning them about "parties for the witches". Although, again, that could just be Jamelia and Coleen Nolan getting on the ale after a particular brassy *Loose Women* shoot.

MOST UNUSUAL CALL

Thames Valley police reported a caller who feared for their personal safety because of "foreign aliens". Er, buddy, technically all aliens are foreign.

WHAT WE CAN GATHER

If Hogwarts exists, it's somewhere around Kent, Hertfordshire, Bedfordshire, Cambridgeshire or Suffolk. The South-East is teeming with witchcraft, but it's hard to know if they're friendly types (your Hagrids, your Sabrinas, Cher in *The Witches Of Eastwick*), or unfriendly types (big ol' Voldemort, the witches out of *The Witches*, the Wicked Witch of the East from *The Wizard Of Oz* – though strictly speaking, she's got a lot of ground to cover geographically). Best thing to do is surround the South-East in a protective border of salt, fill it with charms, and etch warding runes on every surface to keep evil away. Oh, and evacuate the area and forbid anyone from living there in case they're cursed to death.

SIGHTINGS	
GHOST	28
WITCH	35
UFO	12
ALIEN	11
FAIRY	0
ZOMBIE	1
WEREWOLF	0
VAMPIRE	8
SPIRITS	0
POLTERGEIST	5
MONSTERS	0

WALES

COMMON COMPLAINTS

On the whole, in the grand scheme of things: none. There was a person in Holyhead who rang North Wales police in March 2014 for help in removing a team of aliens from their roof and another in Flint in February who claimed his neighbour's son was "saying that there were demons" in the house. But Wales is surprisingly quiet by way of ghost sightings, werewolf attacks or monsters. There are a few by-the-numbers "Yeah, I think there's a ghost in my house?" calls, but generally it's very quiet. So we guess if you're going to murder someone, do it in Wales. They're never going to come back from the void and haunt you about it.

MOST UNUSUAL CALL

A caller told Dyfed Powys police in October 2013 about "a naked man in the garden" who they believed "may have been a ghost". Pour one out for that ghost: it's a tough break being torn halfway between Earth and the afterlife, and especially so with no clothes on.

WHAT WE CAN GATHER

If you want to live a life undisturbed by ghosts, ghouls, werewolves and monsters – and we think we can all agree that yes, it would be quite nice to live a life where we are not constantly being terrified by the mysterious forces of the immortal realm, with all the clanking chains and howls of infinite despair – then Wales really is the place to be. If you want to bump into a load of bewildered students dressed as vampires – but vampires after a night out at a 70p-a-shot bar or after a particularly harrowing foam party, the oil paint slipping down their face and bleeding into their clothes, too drunk to really know what a taxi is, unable to speak clearly through their vampire teeth – then Wales is also the place to be. So your choice is either real ghosts or annoying students. And they say Meryl Streep had it hard in *that* film.



SIGHTINGS	
GHOST	19
WITCH	0
UFO	2
ALIEN	2
FAIRY	0
ZOMBIE	0
WEREWOLF	0
VAMPIRE	0
SPIRITS	0
POLTERGEIST	5
MONSTERS	0



SOUTH-WEST

COMMON COMPLAINTS

So, most ghouls and ghosts in the South-West are on the rob. In June 2013, a Plymouth man called Devon and Cornwall police because a poltergeist had stolen some nails from him; in Exeter the next month, police were called when fairies stole some garden plants. Then, in May 2014, arguably the biggest crime perpetrated from beyond the corporeal realm since that man in a painting went evil in *Ghostbusters II*: "Caller reporting ghosts have tried to steal his chips". But it's not all thieving ghosts in the South-West. In October 2014, a panicked caller rang Gloucestershire constabulary shouting that "the zombies have invaded Tewkesbury".

MOST UNUSUAL CALL

"Caller reporting offenders in her property – some are fairies, some are invisible."

WHAT WE CAN GATHER

Now is the time for a Derek Acorah x Jeremy Kyle show. What with hoodlum Cornish ghosts and thug-like Devonshire fairies, you've got a line-up for a really good episode of *Jeremy Kyle*, where every guest is slightly more ghostly and see-through. Imagine Derek Acorah communicating beyond our realm via his spirit guide Sam and trying to solve petty tiffs over who owes who £50 in child support and who shagged whose sister using that weird deep voice of his while Jeremy shouts "PUT SOMETHING ON THE BLOODY END OF IT" into the void. Admit it: you'd watch that. You'd watch the fuck out of that. FHM

SIGHTINGS	
GHOST	11
WITCH	0
UFO	0
ALIEN	5
FAIRY	2
ZOMBIE	3
WEREWOLF	0
VAMPIRE	0
SPIRITS	1
POLTERGEIST	1
MONSTERS	0

‘WE’RE HUMAN NOT ANI



ANS MALS'

Words: Andy Jones
Photography: Tom Jamieson



Pressed against the plastic shields of French riot police straining to hold back protesters, *FHM* is in the thick of the Calais migration debate. Outside the 'Jungle' migrant camp, desperate asylum seekers – from Sudan, Eritrea, Afghanistan and beyond – have poured across the motorway heading to the Channel Tunnel in a human chain, blocking the road.

Against the soundtrack of blaring car horns, the line chants, "We are human! We are not animals!" In the crowd, homemade boards mock, 'Britain, didn't your mum teach you how to share?'

An Iraqi named Mohammed, who tells us he worked as an interpreter for the British army during the allied invasion there, pleads for sanctuary from Britain. Safety is in short supply in Calais – that night, when we go out with the migrants as they attempt to get into the Channel Tunnel, the undergrowth throbs with human shapes, figures dash over busy junctions and flesh snags and tears on razor-wire fences.

INSIDE THE JUNGLE

Later, past 1am, we find a Syrian woman – hobbling along, eight months pregnant – stood under a motorway bridge looking for a way into a lorry. Even in the protest, the refugees are friendly and keen to talk – especially when, like Mohammed, you have a death sentence on your head from Isis. "I'm not thinking about money, I am thinking about life," he tells us. "I was working in my country as an English translator with the army. Isis found out and now life is very dangerous for me."

He starts to discuss his wife and

"IT MIGHT CONJOUR UP VISIONS OF COLOUR, BUT THE REALITY IS GREY"

two-year-old daughter back home, but his voice breaks and he turns away. At almost the same moment, his real tears are matched by chemical ones, as the French police lose patience and pour tear gas. Suddenly, the Jungle isn't safe. Barefooted youths escape down the muddy embankment in a toxic mist, some almost falling to their death over a motorway bridge. Others – taking the blast full in the face – mop their faces with their dirty shirts.

Since home secretary Theresa May settled her 'Ring of Steel' security system – a series of towering fences to keep migrants reaching the Channel Tunnel – this is the new, penned-in reality of the tent village that 4,000 international refugees currently call home.

DEEP INTO THE JUNGLE

Two hours earlier, *FHM* swings into the front seat of a French taxi. Our driver isn't impressed: "Great – more journalists here to write bad things about Calais."

Nobody has good things to write about Calais, the port that 12 million people pass through each year. Seemingly, Calais' migrant tent village is a hotbed of benefits scroungers or potential jihadists – a 'swarm', according to David Cameron.

Images of migrants scaling fences or dodging guards en masse as they seek to get on trains or trucks bound for the UK dominated the British press this summer. After *FHM* returned, migrants rushed the Channel Tunnel, causing the Eurostar to close for hours.

Up close, the migrants are less threatening. Hidden under the armpit of a motorway flyover, the Jungle is a depressing mess of humanity. If you've ever stood above Glastonbury, you can imagine the rows of tents and mud. Now remove all the joy and music. Rumpled tents flattened by weather and wear sag and rise among bramble bushes. Not the luxury tents that proliferate festivals, but sheets and tarpaulin thrown together out of necessity.

The name 'Jungle' might conjure up visions of colour and life but the entire landscape is grey and rubbish-strewn. Each nation sticks with each other – Kuwaitis in an abandoned shack, Sudanese in a series of tents, Afghans living close to Pakistanis, united by their love of cricket. Men stand in their underpants queuing to soap themselves up at the camp's single overworked cold tap. Others sit bored and hungry, waiting for their lone meal to be dished out at 5pm.

Everyone wears the battered mask of exhaustion. Groups of young men stand in shorts and flip-flops, despite the squalling winds. Many don't have shoes at all, their feet wet from the caking mud. There's the occasional mid-price watch or designer label, but most barely have a complete outfit. Some might wear an Armani hoodie but »



Commerce in the chaos

The camp has a growing business community. Shopkeeper Ahmed says, "I sell things only for a small profit – my profit on a can is 20 cents. It helps people – we stand together here and everyone is your friend. The most expensive item in the shop is 1 euro 60 cents. I roll cigarettes with a machine. We sell each one cheaply because it's not very full. It's not like an original cigarette, but it's good for making the time pass."

1 SPRITE: 50 cents
1 MONSTER: 1 euro 60 cents
1 WATER: 50 cents
1 CIGARETTE: 5 cents











REFUGEES CHANT AND WAVE PLACARDS, BLOCKING THE ROAD; SOME PLAY FOOTBALL TO KILL THE TIME

without any decent shoes – an odd cameo of how global consumerism works. *FHM* gives out some food, trainers and warm clothes from a bag. The first queues are polite but as a crush develops, hands appear through our legs and under our arms to grab whatever they can. One lad runs off with one trainer, another goes off somewhere else.

RISKING DEATH FOR A LIFE IN BRITAIN

If these people are here solely for benefits, they must believe the £37 per week they'd receive in the UK to be worth utter humiliation. Hassan, 25, from Pakistan – his village near to the Afghanistan border and a hotbed for fundamentalism – fled here five months ago. Every day since has been the same. "We wake up, we eat, then we walk for two hours to try to catch a lorry or get on a train. Each day, our lives go past and this is all we do."

Fatigue isn't the highest price to pay in the Jungle. "Our friend died on a train," Hassan says. "He caught hold of a moving train but he collided with a concrete wall. I was with him. It was on 27 July. Do you know what hitting a wall like that can do to a man's body?"

Everyone here wears either the scars of war or the attempts to escape it. Since the start of the year, a dozen migrants have been killed attempting to get into trucks or jumping on to moving trains. The youngest was an unborn child who died when its mother fell from a truck.

Dom-Dom is a Calais local who donates time and charity to the camp. "You see plenty of injuries," he says. "It is not just climbing on trains. Sometimes they fall down a barrier. This morning, I carried a guy through town with a broken ankle. He had been that way all night so I put him in the car and took him to hospital. One guy got crushed by a police car against the security barrier on the motorway. He almost lost his leg. He is badly disabled now. And 10 people have died in the past few months."

"OUR FRIEND DIED ON A MOVING TRAIN... HE COLLIDED WITH A WALL"

'Benefits' is a dirty word here. Nobody wants to talk benefits, just safety, says Shahid, 25, who has been here five weeks, having escaped Afghanistan when Islamic extremists attacked his village. »



A PATCH OF CIVILISATION IN THE FORM OF A POP-UP MOSQUE; CALASIAN DOM-DOM [NEAR RIGHT] DEVOTES HIS TIME TO HELPING THOSE INJURED IN THE JUNGLE



Hurt in the Jungle

FILIMON SEMERE, 25, is from Eritrea. He has been in the Jungle five weeks with his sister, Saba, 20. They share a tent with six others. When he gets to the UK, he hopes to be an accountant.

"It took three months to get here. Four days ago, I jumped from a bridge to reach a train and broke my leg. I can't reach the shower because of my leg so I wash using a plastic can now.

"Saba has to get our meals because I cannot walk. She can only get one meal for us to share as it's one meal per person. The weather worries me. We used to make hot tea on the fire but now the ground is too wet.

"Saba still tries to get on a train at night. She has been tear-gassed. If we make it to the UK, we will study. This is why I came all this way. I want an education."





"Why would we come here if our country was good?," he says. "We wouldn't come, would we? Nobody wants to go far from their family. Who came and destroyed our life in Afghanistan? Europeans. Americans. Australians. My villagers were killed in a bomb blast. That's why we're coming here. Life here is not life. It's a kind of shit life. The Jungle is for animals, not humans."

Despite some discussion about British foreign policy, we face no hostility here. Most faces are smiling, everyone quick with a handshake. In every tent we venture into, we are offered coffee or tea. In one, our Sudanese host crouches under a wet plastic sheet and siphons what little coffee and sugar they have into a shattered glass.

Outside, Khaled, 28, is playing keepy-uppy with a salvaged football – the mere mention of the Premier League sparks interest, a flicker of normality amid the grim. Khaled left behind his life in Darfur, where he played to second-division level at weekends. War broke out and his friends were killed by police.

"When we play here, it brings people together," he says. "But there's no room for a proper game."

A BUSINESS SPIRIT

In the chaos, shoots of civilisation spring up. A church and a mosque are here, as are some shops, with surprisingly tidy-looking shelves. Ahmed, 22, is from Afghanistan. His English is good and he manages to buy goods from the nearby Lidl and sell them for a tiny profit. The owner of the stall – a fellow refugee – gives him 10 euros a day for his trouble and a place to sleep.

Ahmed describes his journey to the UK, which took him two months. "I arrived first in Turkey, then Hungary, then Italy, then France. Sometimes by car, other times I walked or rode a bicycle. I slept in forests. It was never safe."

And what does he want after that two-month toil? "I'd like to get a job in a chicken shop like KFC. Some restaurant."

"IN THE BLACKNESS, YOU HEAR THE SLAP-SLAP OF MEN RUNNING IN FLIP-FLOPS"

A few months back, he broke his leg jumping off a bridge. So, tired of trawling for an escape out of Calais, he decided to do something else and the shop – a wooden shed with some shelves in – was created. But escape is what still fuels his migrant customers.

"Monster energy drinks sell the best," he tells us. "Before they go on the trucks, they come here to buy Monster. If you're out all night, you need energy. People get very tired trying to escape."

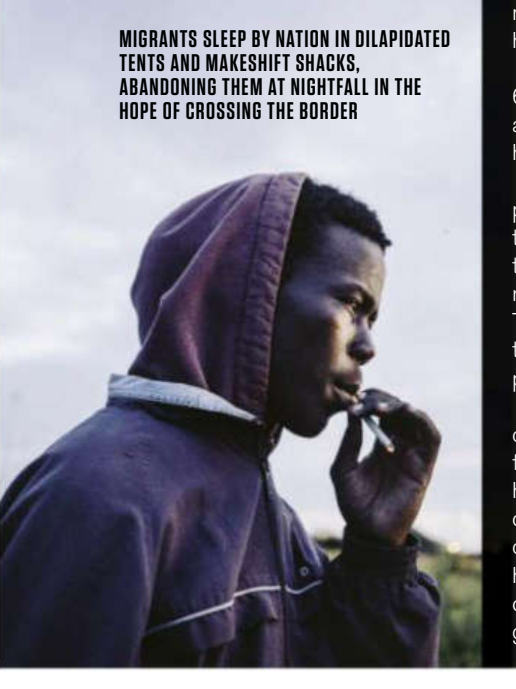
As the sun goes down, young men and women ready themselves for the two-hour trek from the Jungle to the port to attempt to get into the UK. They eat rice and



chicken on paper plates, chug Monster and get ready to walk.

In the blackness, you hear the slap-slap of men running in flip-flops, the light of a McDonald's and a Hotel Ibis on the horizon. Policemen wearily arrest migrant youths near the port then release them a mile up the road, only for them to come back again – a pointless game of British bulldog. In the brambles and the dark, one migrant shielding his face asks, "Why does Britain hate us? Why are the fences so sharp and so high?"

Back at the Jungle's tiny shop, Ahmed admits he lost heart for the nightly chase to get into a UK-bound lorry months ago. Now the huge iron fences make it even harder. "I see people in the camp with missing eyes, broken hands, broken faces. When someone dies, it's like losing a member of your family. Some of them are very young. They die here and their father and mother will never know. They will never know how bad their life was here." FHM



MIGRANTS SLEEP BY NATION IN DILAPIDATED TENTS AND MAKESHIFT SHACKS, ABANDONING THEM AT NIGHTFALL IN THE HOPE OF CROSSING THE BORDER

Guns, bribes and terror



RICHARD BURNETT is the chief executive of the Road Haulage Association, whose 10,000 lorry drivers often drive through Calais.

"The migrants know the drivers don't want to hit them so they will run on to the motorway and the drivers are forced to stop.

"In July, we had a driver threatened at gunpoint in Calais. This guy was ex-army so was no coward, but he quit because he doesn't want to face that.

"We had one driver offered 65,000 euros in a suitcase to turn a blind eye and let 30 migrants in his lorry. He declined.

"The migrants all have mobile phones and they coordinate on the edge of the perimeter tunnel to hit the Euro Tunnel at the exact moment the Gendarmes leave. Their plan is to get into a vehicle that has already gone through passport control.

"The UK has hit £4 million worth of fines on lorry drivers this year for ferrying migrants. One driver opened his truck in Peterborough and a dozen migrants leaped out the back of the van and ran. Migrants will hide in refrigerated vehicles – that can be as low as -17˚C – or even get into powder tankers. They unscrew the top of the drum and get in it. You can drown in that.

"The vast majority of the deaths are axle riders. These are migrants who climb on the underside of the truck and try to hang on. Drivers have seen migrants jump on to moving trains and be electrocuted, or get run over. Others have looked in their wing mirrors and seen 20 migrants hanging on to their cab unit and their trailer, on the side, the roof – everywhere.

"As well as the human cost, there's the material cost too. Most containers carry roughly £30,000-worth of merchandise, but a load of designer clothes can be worth up to £250,000. That can be entirely written off because of spoilage. They're in there for days sometimes, so you can imagine how much bodily fluid there can be.

"The atmosphere is getting more and more tense as it becomes harder to get into the UK. Calais is just the bottleneck. More needs to be done across Europe to make it safer. The drivers are dads, sons, ordinary blokes doing a day job. Why should they face being violently attacked on a daily basis?"


FHM
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THE LION ROARS
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20
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style news

11/15



COLLABORATION

REEBOK X MAISON KITSUNÉ

Take one legendary sporting brand and mix it with a cool fashion label, and you'll end up with a collaboration that's a force to be reckoned with. Maison Kitsuné's innovative print has been added to Reebok's varsity pieces for a range that bats all other preppy collections out of the park. Who doesn't want to wear clothing covered in foxes wearing caps? No one, that's who. *Jacket, £220; T-shirt, £50; shorts, £70; socks, £12; trainers, £85, all reebok.co.uk*

Coming soon to a hipster near you

ANNIVERSARY

PENFIELD TURNS 40

When someone turns 40, their usual thoughts are, "What the hell have I done with my life?", "Is it OK to jack in my job and go travelling?" and "Where did that grey pube come from?" But Penfield is making turning 40 bloody brilliant. For its big anniversary, it's revamped some of its most recognisable styles for a limited-edition collection that features original drawings printed on the lining, leather cord locks and letterbox-red zippers. *Jacket, £160; gilet, £135, both penfield.com*



Get your hands on one of these

ACCESSORIES

FEEL THE FORCE

We don't know if you've heard, but there's a new *Star Wars* film coming soon. And obviously there's loads of merchandise to go with it – but we're not talking lunchboxes and wobbly head figurines. Chewbacca et al have teamed up with cool watch brand Nixon to bring us a selection of watches that look the business, not like they're from the kids' section in Argos. *Watch, £280, nixon.com*



BOOKS

ALL IN THE DETAILS

Adding the extra 10% is a thing we like to do, and we strongly recommend you do it too. Whether it's a slick watch, a silk pocket square or a James Dean-worthy pair of Wayfarers, the right accessory can turn a basic outfit into a well-thought-out stylish look. Swot up on all things small with this new book, which will also look pretty dope on your coffee table. *The Details: Iconic Men's Accessories, £19.95, amazon.co.uk*



WORDS: DAISY DEANE. PHOTOGRAPHY: MARCO VITTUR



TREND 1

ALL BLACK EVERYTHING

Listen to Lupe Fiasco – it looks friggin' cool to rock black head to toe.

Jacket, £325, evisu.com/eu. Shirt, £50, levi.com. Jeans, £89, nudiejeans.com. Shoes, £110, Dr Martens at schuh.co.uk

STEPPING OUT OF THE SHADOWS

THE SPOTLIGHT'S ON SINGER/SONGWRITER KWABS AS HE SHOWCASES THE BIGGEST TRENDS FOR AUTUMN/WINTER '15...

WORDS: ANDREW LOWRY PHOTOGRAPHY: REBECCA NAEN
STYLING: CARLOTTA CONSTANT GROOMING: LAURA DEXTER



TREND 2

CHECK IT OUT

A winter favourite every year, throw on a checked bomber to turn a sartorial trend urban.



Jacket, £255, Libertine Libertine at numbersixlondon.com. Trousers, £25, topman.com. Trainers, £65, Adidas at jdsports.co.uk

FIFA's rep has taken a few dents this year to say the least, but one part of their record is rock-solid: the video games. For years, their soundtracks have been a reliable banger resource, and *FIFA 15* is no exception, with Kwabs' *Walk* soundtracking the beginning of many post-pub sessions over the summer.

The singer has done everything from setting YouTube alight with a James Blake cover to guesting for house titans Disclosure – and this autumn, he's dropping his debut album. We pinned him down long enough to talk studying jazz, dressing like a ninja and *The X Factor*…

We've got you here for a fashion shoot today – are you a big clothes horse?

I like to keep it simple – I don't want to overcomplicate things. I usually dress all in black, so I guess my style inspiration would be a ninja.

You grew up in Bermondsey in South London. Do you often get to go back?

I don't live in Bermondsey any more. It became cool and up-and-coming right after I left, so you can read what you like into that. I'm pretty nostalgic so if I did go back one day, I'd probably just go to my estate and take some of that in.

Do you think coming from London has had a big influence on your music?

London's got everything culturally, and it's such a combination of different elements. You're surrounded by so much variety all the time – people and music from all over the world in this one place. It's made me really open to trying things out.

Who were you listening to as you recorded your album?

People like Frank Ocean, Jessie Ware, LuLu James – artists who have a strong identity and powerful musical stamps. I was looking for singers with something distinctive going on – the kind of people I want to emulate. »

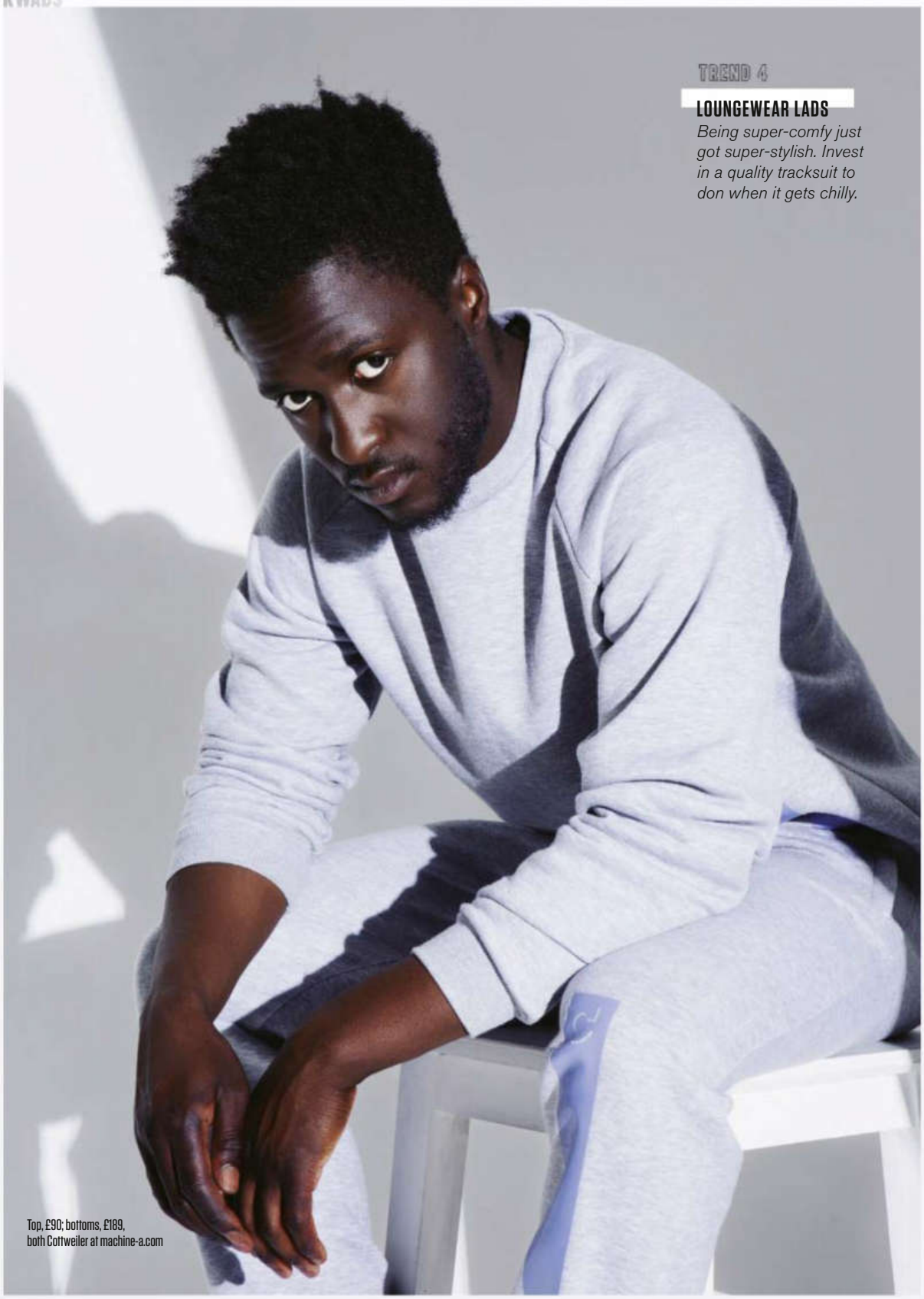
TREND 3

ORANGE APPEAL

Don't be scared to try out this mega-bright colour. Teamed with black trousers, it's a surefire winter winner.

Bomber, £475, harrystedman.com.
Jumper, £90, penfield.com





TREND 4

LOUNGEWEAR LADS

Being super-comfy just got super-stylish. Invest in a quality tracksuit to don when it gets chilly.

Top, £90; bottoms, £189, both Cottweiler at machine-a.com

Did you have any more old-school influences?
I'm all about the old-school singers – the true communicators. There are soul singers I love, like Aretha Franklin or Stevie Wonder, but I also look at people like Frank Sinatra or Jeff Buckley. One that may not be as well known is Donny Hathaway – he died pretty young in the '70s, and in the saddest way you can imagine, but he deserved a longer career. He was an amazing talent – check him out.

You grew up in care – are you wary of that thing where you're defined by your 'journey', *X Factor*-style?
I think anybody can be defined how they want to be. It's not something I'm ever going to shy away from – I'm 25 now, so it constituted more than half my life. Once you stop making it into a negative and embrace it, you can get on with more important stuff.

There's a lot being said about music getting more middle class. Do you think your upbringing gives you a different perspective to Mumford & Sons?
They may have had struggles that were less obvious than mine, so it'd be difficult to say. All I can say is that I do feel a certain amount of pain, and trials and tribulations can keep you grounded, helping you have the perspective on how great life can be.

Do you enjoy life on the road?
It was nice making the step up to the tour when I was opening for Sam Smith – trust me, it was better than being in the back of a van. But I'm in my comfort zone wherever I go. I can survive without the creature comforts.

So it's not as glamorous as we might think?
The real priority for me is performing itself. You get to put the message across that you wanted to when you were writing the songs and that, for me, is the most powerful aspect.

Is performance like a muscle, where the more you do it, the stronger you get?
Sure – there's constantly room for improvement. I always try to »

TREND 5

DAD'S ARMY

Khaki represents uniform and strength – slip some on this autumn for style cred.



Jacket, £495, thekooples.co.uk. Shirt, £99, gloverall.com. Rollneck, £15, topman.com. Trousers, £80, levi.com. Shoes, £145, wesc.com

TREND 6

ROLL UP

Bad boy roll-necks look sick under a chunky winter coat.



Coat, £795, Moshin at q-men.com. Rollneck, £190, lacoste.com. Hat, £38, frenchconnection.com

remember this is a one-time experience for each person at every show and that the audience won't have it anywhere else. Even if they know the music inside out, you can put something extra in it, and that can be really special.

Do you think there's more pressure for singers to put on amazing live shows now they're a far bigger source of income than, say, Spotify?

Yeah, I think there is. It's all about embracing that – live shows are an opportunity to just experiment and have fun, and far more spontaneous than recording. It's communicating with people rather than the technical process of recording. You've got to work hard, but that's part of the challenge. I think a work ethic is part of it, but if you enjoy it and give it your all, audiences do respond to that.

You studied jazz at the Royal Academy of Music – was it like *Whiplash*? Did you have any crazily intense teachers?

Some people would say it was like that and others wouldn't. We did have the mentality of seeing hard work as the route to making it – we were all being pushed. But that's no different to anything else – if you want something, you have to work for it, and nobody's going to make you do that. That's what was so great about studying there: it was fantastic for motivating you.

So you would be pretty intense if you were being somebody's mentor then?

I probably would be a bit intense but you can only achieve so much that way. I like to allow people to breathe and give them more space to find their own way of doing stuff.

You once performed for Prince Harry – did he stay in touch?

Harry hasn't kept in touch, but he was cool. I have to say, inside Buckingham Palace, the décor is garish as hell. But you're not going to turn down that experience, are you? FHM

Kwabs' album Love + War *is out now*

Coat, £1,500, whistles.com.
Jumper, £120, soulland.com

TREND 7

SHEARLING IT IS

Yes, it's bloody expensive, but a shearling coat is an investment you'll wear for years to come.



THE DILEMMAS OF MAN

AM I GETTING DENIM RIGHT?

There's nothing worse than ill-fitting jeans or double denim done wrong. It's time to educate yourself...



DEFINITELY DOUBLE UP

We can guarantee you've thought about throwing on that denim shirt with your staple jeans. Do it! Just make sure the shades are different. We suggest black jeans, blue top.

BRANCH OUT

Denim doesn't just mean jeans, oh no. Your favourite fabric works on coats, jackets, hats, bags and even shoes, and looks pretty rocking worn right.

STAY IN THE SHADE

From off-white to acid-wash grey and khaki green, all shades of denim are doable. Just match them up right – don't go all baby Bieber on us and wear white denim head-to-toe. Always contrast.

PINCH YOUR PENNIES

It's not always true that the more you spend on your clobber, the better the fit. Brands such as Bethnals (London homegrown and affordable), Wåven (looks expensive, costs virtually nothing) and even New Look are investing in their menswear denim section.

GET STUCK IN

If you're committed enough to finding the right pair of jeans, you might need to invest some time in the search. Look in independent stores and order online.

JACKET, £175; JEANS, £75, BOTH BETHNALS.COM.
TEE, £7.99, HM.COM. SHOES, £120, VANS
X THE NORTH FACE AT GOODHOODSTORE.COM

FIND THE RIGHT FIT

Looking cool in a pair of jeans isn't as hard as it seems – it's all in the fit. Assess your body shape and choose the jeans that'll suit you best



Left to right: £85, luke1977.com. £30, topman.com. £19.99, hm.com. £215, Paige at selfridges.com

EVERYTHING BUT THE JEANS

This simple jacket is easy on the wallet



THE COAT
£210, alphaindustries.com



THE JACKET
£24.99, newlook.com



THE SHIRT
£179, AG Jeans at harrods.com



THE SHOES
£85, kickers.co.uk



THE BAG
£69, flyinghorseindigogoods.com

DENIM-DUCATION

That infamous indigo fibre ain't all the same. There are lots of different types of denim – get to know them to look the business

RAW
G-Star didn't use it in its name for nothing. This dark, unwashed denim is stiff and durable but fades in certain areas with each wear to give it that naturally distressed look. Perfect for firefighters and bike riders alike.

SELVEDGE
A personal fave of the *FHM* style team, this has tight weaving with natural edges that don't unravel. Your average piece of denimwear weighs 12oz, but you can get selvedge up to 18oz.

STRETCH
The clue is in the name. This kind of denim is mixed with two or three different fabrics including Spandex, meaning it's flexible so you can practise the splits in your jeans – whoopee!

COTTON SERGE
The most traditional denim is made from 100 per cent cotton, making your jeans super-duper smooth to touch.

CREDIT CREDIT



£32, CHAMPION AT URBANOUTFITTERS.COM



£25, FRENCHCONNECTION.COM



£30, HERSCHEL SUPPLY CO AT URBANOUTFITTERS.COM

THE TEXTURED CAP

The fresh update on your standard cap is softer this year. Stay stylish with wool, corduroy and felt.

PRODUCT

GET YOUR HAT ON

Every man needs good headwear to keep his noggin toasty. Here's our pick of the season's best…



£23, LIFERS AT URBANOUTFITTERS.COM



£25, NEWERACAP.CO.UK



£15, NEWERACAP.CO.UK



£20, ORIGINALPENGUIN.CO.UK



£29.95, HUF AT URBANINDUSTRY.CO.UK



£55, PAULSMITH.CO.UK

THE BOBBLE HAT

These were made famous by Where's Wally and are worn in force in winter months. Team with grown-up garms to avoid looking like an actual wally.



£25, QUIKSILVER.CO.UK



£18, NEWERACAP.CO.UK



£29.95, HUF AT URBANINDUSTRY.CO.UK



£15, DUCKANDCOVER.CO.UK



£20, RASCALS AT URBANINDUSTRY.CO.UK



£65, PAULSMITH.CO.UK



£7.99, NEWLOOK.CO.UK



£4.99, NEWLOOK.CO.UK

THE CLASSIC BEANIE

Year after year, 95% of the country reach for their favourite beanie hat when the temperature drops. OK, maybe we're exaggerating, but it's time for a new one…

THE ALTERNATIVES

Peacocking will always be in fashion. If you've got the balls, team one of these bad boys with an understated outfit for serious street cred.



£24.99, JUSTHYPE.CO.UK



£29.95, BRIXTON AT URBANINDUSTRY.CO.UK



£28, BURTON.COM



£60, REISS.COM



£22, RIVERISLAND.COM



£80, WOOLRICH.EU



£65, PAULSMITH.CO.UK

WORDS: DAISY DEANE. PHOTOGRAPHY: MARCO VITTUR

FOOTWEAR

SOLE SURVIVORS

Whether you're out for a walk or just trekking to work, take on the elements with these boots





THE TREKKING STYLE KINGS

They took on some of the world's biggest challenges – and did so in some seriously enviable clobber



TENZING NORGAY

Alongside fellow climber Sir Edmund Hillary, 'Sherpa' Tenzing was the first to conquer Mount Everest. His laidback shirts and fedoras were the, er, 'peak' of relaxed style.



DOUG SCOTT

Known for his 'visionary' attitude to mountaineering, Doug is regarded as one of the leading high-altitude climbers. Think Keith Richards, with added rope and ice picks.



BEAR GRYLLS

We know, we know… his name always pops up when it comes to anything explorer-related. But we've got to hand it to him – the man has got style.

PHOTOGRAPHY: PA PHOTOS, SHUTTERSTOCK



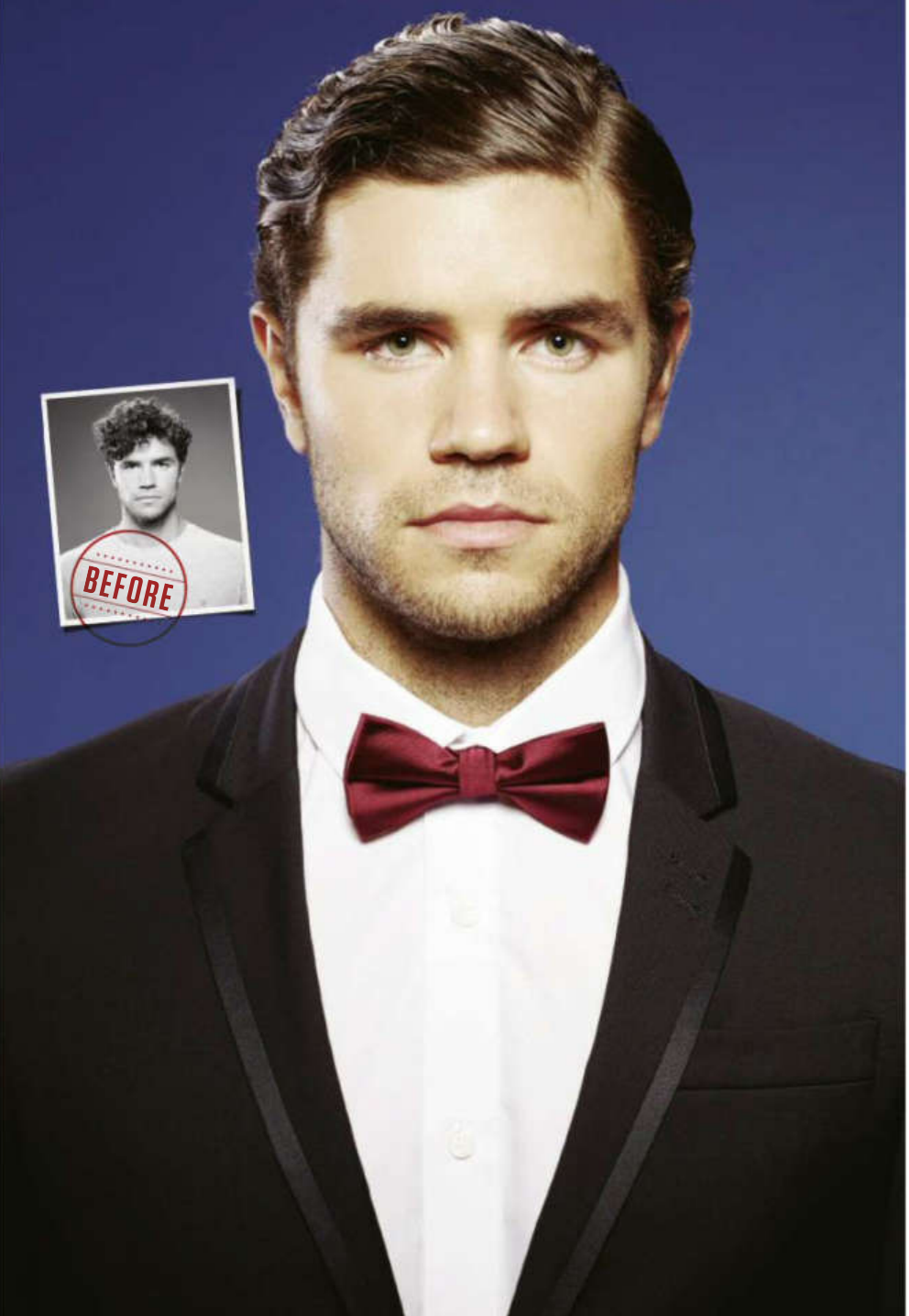
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www.frankwrightshoes.com

GROOMING

THE 007 GROOMING RULES

Who wouldn't want to be a slick as Bond, James Bond? Follow these steps to take yourself from dishevelled to dynamite





THE POMADE

Pierce Brosnan has a head of luscious hair slicked to perfection. Invest in some turbo-charged pomade to keep this hairstyle in place. *£49, Oribe at uk.spacenk.com*



THE FRAGRANCE

Spritz away at your neck with this fancy bottle diffuser fragrance, ready for the next Bond girl to sniff. *£142, uk.acquadiparma.com*



THE MOISTURISER

Keeping your mug silky smooth is key to fighting wrinkles. Why do you think Timothy Dalton looked so good in *Licence To Kill*? This one has a built-in SPF. *£28, kiehls.co.uk*



THE RAZOR

Get rid of the bum-fluff, just like *that* scene in *Skyfall*. Use this razor for a clean shave that won't leave you looking like a 15-year-old who's sliced his face off with his old man's Bic. *£9.99, bluebeards-revenge.co.uk*

WORDS: DAISY DEANE. PHOTOGRAPHY: MARCO VITTUR



THE LOOK
Check out Myles' different looks and get some top tips from Fish at FHM.com/fish-myles

MAKE A HIT WITH FISH

Take a leaf out of Myles' book and get on board with hairstyling brand Fish

With 20 years' experience sorting barnets out across the country, Fish knows how to make the trendiest of guys look bloody badass. Whether it's a hairspray that adds an effortless edge to your relaxed daytime look or a wet-look gel that'll have you looking as sharp as they come, Fish has got you covered this season.

And the hairstyle heavyweight doesn't just throw around its products like an annoying know-it-all, oh no. There's some proper oomph behind the brand, as the Fish Soho salon sits in the heart of London, testing and using the products, and sending customers away with a huge smile on their faces (and a brand new barnet on their heads).

When a vocalist of an acclaimed rock group swears by the stuff, it'd be rude not to follow suit…

Myles Pereira, 27, vocalist for post rock/indie band St Sleep, spends his day rushing from writing lyrics in the studio to meetings with the big bosses, so he can't let his hair get in the way. Luckily, Fish SuperFish Fishfix Controlling Wax and Fishglue Matt Styling Gel keep his style just where he wants it to be. We managed to grab five minutes with him to talk through his look…

How would you describe your style?
It's quite diverse. I wear a lot of workwear and dress shoes together. I love denim, but I'm always dressing it up with little extras like a smart shirt or shoes.

What's your go-to daytime outfit?
A pair of Levi's Vintage jeans, my GH Bass loafers, a crisp white shirt and a rugged chore jacket.

How do you normally get dressed in the morning?
I always start with trousers. If they're camo or a strong print, I go for something simple on top. But if I'm just wearing blue or white jeans I just see what happens with the rest of my outfit.

Who would you say your biggest style influences are?
Definitely Motofumi 'Poggy' Kogi – he's the director of [Japanese store] United Arrows & Sons and always looks slick. He wears suits with jeans or cool sartorial pieces. He never looks garish and just gets it right. He's one cool dude.

What products are in your washbag?
Bleu de Chanel aftershave, Clinique moisturiser and Fish SuperFish Styling Gel.

What's been your worst hair moment?
I used to be a massive grunger so I've had some awful hairstyles in my past. I thought I looked pretty awesome at the time, but in retrospect I definitely didn't.

What do you do to your barnet in the morning?
I wake up, wash it, brush it through, add some product and I'm good to go.







"I USED TO BE A GRUNGER. I THOUGHT I LOOKED AWESOME AT THE TIME"





LOOSEN UP YOUR STYLE WITH SUPERFISH FISHSTICKS FIXING HAIRSPRAY

GET MYLES' LOOK

01 Work SuperFish Fishfix Controlling Wax all over damp hair from roots to tip
02 Use a comb to position the hair in place
03 Smooth SuperFish Fishglue Matt Styling Gel on to your hands and slick the hair back

Fish hairstyling products are available to buy at fishsoho.com, Tesco, Superdrug and Boots

Fish

Fish hairdressing CELEBRATING 20 YEARS Tackle life with style



PHOTOGRAPHY: MARCO VITTUR

upgrade

EDITED BY *TOM WARD*

13 WAYS TO BANISH CABIN FEVER

Hibernation SPECIAL!

HAVE YOU LOOKED OUT OF THE WINDOW LATELY? ALLOW US TO FILL YOU IN: IT'S COLD, RAINY AND MISERABLE. YOU'RE REALLY BETTER OFF INSIDE. BUT WHAT ABOUT THAT TERRIBLE, CRUSHING BOREDOM THAT COMES WITH BEING TRAPPED WITHIN FOUR WALLS, YOU ASK? WELL, WE'VE TAKEN CARE OF THAT AS WELL...

PHOTOGRAPHY: MARCO VITTUR **ILLUSTRATIONS:** ALIX WATSON **HAIR AND MAKE-UP:** LAURA DEXTER

01 Go old-school on your VIDEO GAMES



HER: HOODIE, £69, BBOICECREAM.COM. SHORTS, £8, ASOS.COM. HIM: JUMPER, £107, SOULLAND.COM



Once upon a time you'd save up £30, buy the brand new FIFA *and that was you sorted for the next five months. Now you need a bank balance the size of a small country to get set up with the latest* Call Of Duty. *Relive simpler times by dedicating your evening to some of the best moments in video-gaming history*

Fight the T-Rex in *Tomb Raider*
Not necessary to progress through the game, but still pant-worryingly ace.

Collect every colour heart on Commodore 64 classic *Flimbo's Quest*
A near mythical achievement.

Choose your first Pokémon on *Pokémon Red And Blue*
All the emotions.

Storm Omaha Beach on *Medal Of Honor: Allied Assault*
Makes *Saving Private Ryan* look like a picnic.

Learn the shortcut for Wario Stadium on *Mario Kart 64*
Instant success.

Update your classic console collection in time for winter at xelectrical.com

02 Listen to these podcasts...

Treat your ears (and brain) to the best free podcasts available on iTunes



Stuff You Should Know
Where did Hula Hoops come from? What's road rage all about? Did the Nazis really invade Florida? Now you know.

The Football Ramble
Like listening to your mates down the pub, without having to buy a round.

Distraction Pieces with Scroobius Pip
The socially conscious spoken-word MC waxes lyrical with guests from Simon Pegg to Stewart Lee.

...and organise your iTunes

Evenings spent trying to curate your collection of '90s rap albums might not be the best use of your time. Free software MP3Tag (mp3tag.de) updates your iTunes in a flash, from artist names to album artwork.

03 ACHIEVE INNER PEACE THROUGH YOGA



HIM: TOP, £20, ELLESSE AT ASOS.COM. HER: TOP, £45, CALVIN KLEIN AT URBANOUTFITTERS.COM. JOGGERS, £129, JACKWILLS.COM

While we could all do with a bit of zen-like calm in our lives, getting up at 6am to put your head between your legs after a night on the sauce sounds far from the most comfortable awakening. To help you out, we've put together three easy yoga poses even your gran could do

The tree

Great for improving coordination and balance, the tree pose also strengthens the thighs, groins, torso and shoulders. Stand on your left foot then hold your right ankle, bringing it up into your inner left thigh. Raise your hands above your head and do your best not to fall over. Once you've found your balance, repeat on the other side.

The downward-facing dog

A good all-round stretch – which can apparently relieve headaches and fatigue – the downward-facing dog is yoga 101. It's best to get into this pose from a starting position on your hands and knees, walking your hands forward as you slowly lift your bum to create an 'A' shape. Push against the floor with your hands and feet while exhaling 100 times, then slowly lower yourself back down.

The mountain

An easy one to finish – stand up straight and exhale as you stretch your hands over your head with your palms facing inwards. Simple.

Note: *FHM* is not a yoga master and is not liable for any pulled muscles, embarrassment or swearing you may experience during this exercise.

04 Streamline your zombie survival plan

Max Brooks, author of The Zombie Survival Guide, *is here to help you through*

Think!
"Panic is going to get a lot more people killed than zombies. When the dead rise, stay calm and use that impossible miracle called the human brain."

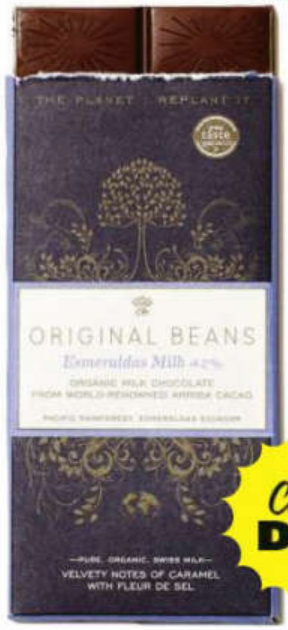
Plan long-term!
"A lot of people think guns are the key to surviving the apocalypse, but by week three all those wannabe Mad Maxs will be on their knees giving hand jobs for raw potatoes."

Keep the dog!
"Your girlfriend's noisy mutt might be giving you away, but if you kill it to save yourself you're obviously a cat person and will not be on my team."

Get fit!
"It's never too soon to start getting fit. Even if zombies don't take over the world, who wants to be killed by high cholesterol?"







Cheat DAY!





Magic beans

05

EAT LIKE A

CHAMPION

(WITHOUT LEAVING THE HOUSE)

Takeaways are all well and good, but if you're after quality food delivered directly to your door on a monthly basis, check out these mail-order masterminds

Coffee The smart caffeine fiend gets his buzz from Pact (pactcoffee.com), which has something to suit all home-brewing needs (including – deep breath – Finca La Esperanza and Decaffeinated Planalto).

Cheese The Cheese Shed (thecheeseshed.com) will see you right with everything from Cornish Gouda to Tilly Whim delivered from £25.50.

Meat Purveyors of delicious dead animals Carnivore Club (carnivoreclub.co) will keep you in artisan-cured cuts from £29 a month.

Chocolate You won't impress your lady with a bag of warm Maltesers. Opt for speciality chocolates from Cocoa Runners (cocoarunners.com) at £18.95 a pop and she'll, ahem, melt in your arms.



06 WARM UP WITH THESE WHISKIES

Everyone enjoys a drink when it gets cold. Instead of seeing off the best part of a bottle during a late-night Breaking Bad *binge, sip these high-class options like a gentleman*

Hudson Baby Bourbon, £40
The first bourbon made in New York after the end of prohibition, this is 35cl of double-distilled goodness.

Glenfarclas 2000 Highland Scotch Whisky, £60
A single-malt Speyside whisky, this is the perfect sweetener for those nights in with the father-in-law. He might even forgive you for taking his little princess away.

The Yamazaki Distiller's Reserve Whisky, £47
Impress guests with this ultra-smooth tipple from the Land of the Rising Sun (that's Japan to you and me).

All available from whiskyshop.com



07 START A RECORD-BREAKING BLOG

Whether you're into punk rock or pipe cleaners, all those hours spent staring at your computer are the perfect time to get creative. Marko Saric, the internet wizard behind howtomakemy blog.com, offers his top tips for becoming an instant online expert

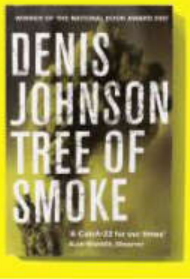
Choose your weapon
"The best website platform is WordPress. It's easy to use, offers a lot of design flexibility and – most importantly – lets you choose your own domain name."

Stick to what you know
"Blogging takes time, so choose a topic you're already interested in. If you're spending hours of your day on it, why not start writing about it, too?"

Make some dollar
"A simple way to make money is to link to Amazon, taking a percentage of what's sold through your site. The bigger your audience, the bigger your profit."

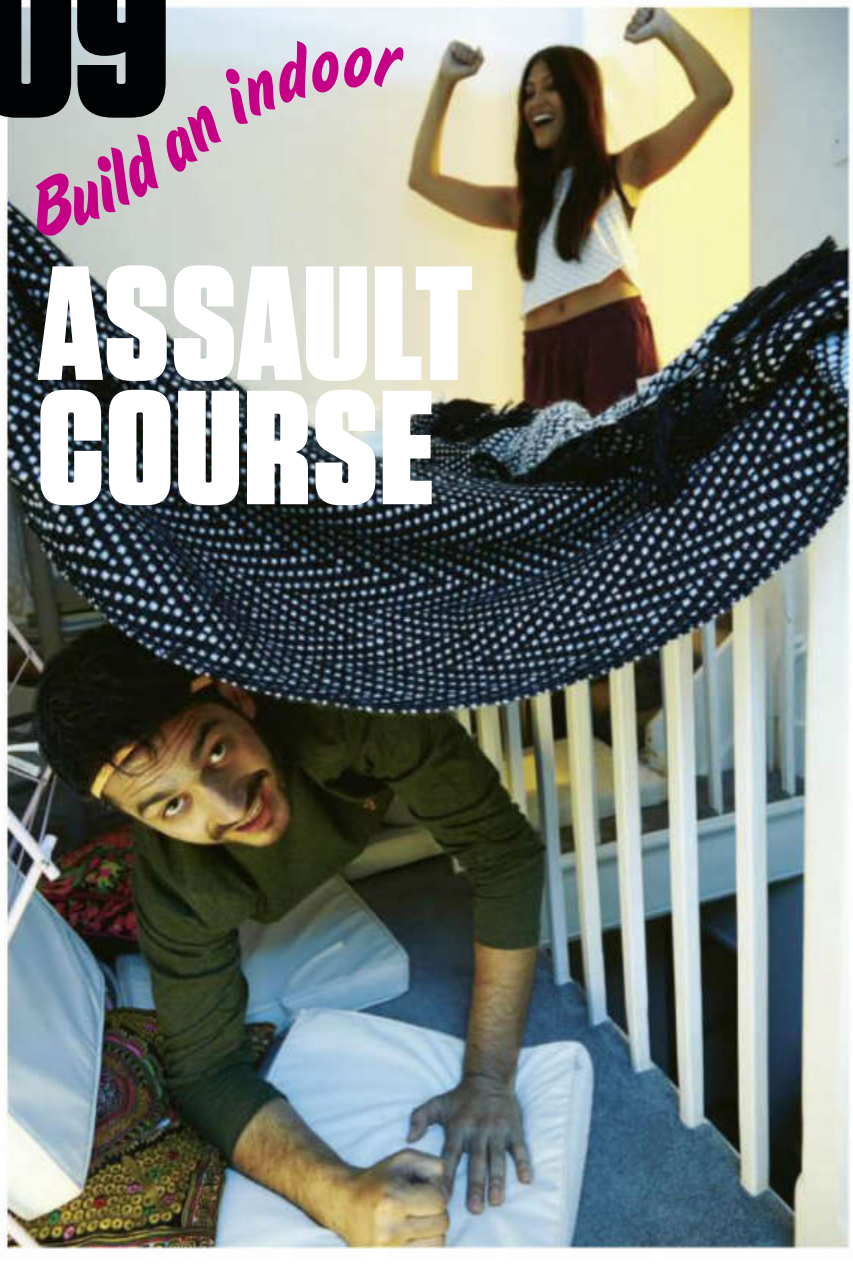
08 READ THESE EXTRA-LONG BOOKS

The hipster's kindle, these paper-only devices have been entertaining readers for centuries. With the rain hammering down outside, now's your chance to get in on the act



The cosy night in:
***Tree Of Smoke* by Denis Johnson (£7.99, amazon.co.uk)**
Length: 624 pages
Johnson specialises in tough, masculine writing, covering everything from drifters to spies, secrets and safe houses. His trippy 2007 novel, exploring CIA involvement in the Vietnam War, might just be the pinnacle.

09 Build an indoor ASSAULT COURSE



HIM: TOP, £40, FARAH.CO.UK. HER: TOP, £20, NIKE.COM. JOGGERS, £65, BILLIONAIRE BOYS CLUB AT ASOS.COM

Like Nicolas Cage in Con Air, *it's important to keep in shape when you're doing hard time (in front of the TV). Garry Kerr, head of operations and training at British Military Fitness, put together this indoor circuit course to keep your muscles primed during the hibernation months*

The commando crawl
"Push two sofas together, then trick yourself into a cardio workout by crawling through the gap between them as quickly as possible, using only your forearms to drag yourself along."

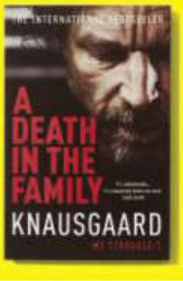
The climb
"Run up the stairs as fast as you can, using short, quick movements. Come back down and do it again, this time trying to reach the top in as few steps as possible. Essential for improving glutes, core strength and stability."

The sumo squat
"Standing on your mattress with your hands behind your head, squat down slowly. The instability of the mattress under your feet will make your glutes, hamstrings and quads work extra hard. Add a jump between each squat if you want to unlock Beast Mode – though be careful not to bang your head."

Visit britmilfit.com



The long weekend:
***Underworld* by Don DeLillo**
(£10.39, amazon.co.uk)
Length: 832 pages
Heavyweights of American fiction don't get much heavier than Don DeLillo's greatest novel. It explores US history via the journey of a famous baseball game and greater men than us have tried – and failed – to reach the final full stop.



The week off work:
The *My Struggle* series by Karl Ove Knausgaard (£6.29, amazon.co.uk)
Length: 3,600 pages
It takes major cojones to assume your life story is worth stretching over six volumes. Writing with brutal honesty about family and relationships, that's exactly what Norwegian author Knausgaard did. And yes, that is his face on the cover.

10 MASTER THESE BOARD GAMES



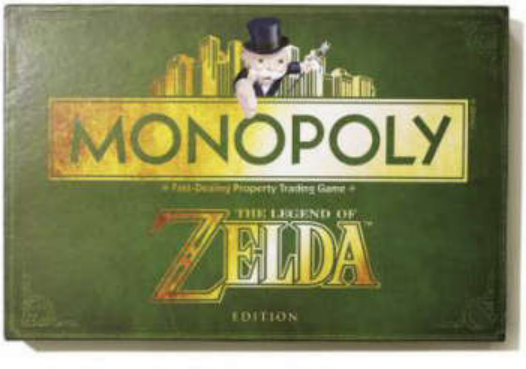
HIM: TOP, £20: TROUSERS, £48, BOTH UCLACLOTHING.COM. HER: TOP, £32, FILA AT URBANOUTFITTERS.COM. SHORTS, £38, URBANOUTFITTERS.COM. SOCKS, £15, HUF AT SIZE.CO.UK. ZELDA MONOPOLY © 1934, 2014 HASBRO. MONOPOLY® ©2014 NINTENDO

The words 'board games' may conjure up long-repressed memories of drunken Christmas Day arguments with the old man over how much a hotel on Park Lane really costs, but stick with us

Zelda Monopoly
Throw away your ocarina – now you can explore the world of Zelda from Death Mountain to the Eldin Volcano without smashing a console controller against the wall.
£29.99, shop.winningmoves.co.uk

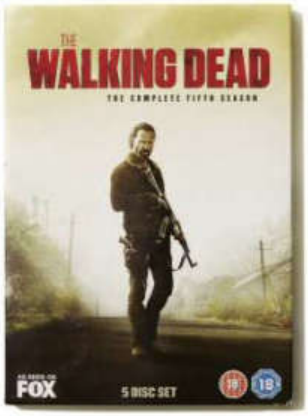
Marvel Dice Masters: Avengers Vs X-Men
Bring your nerdy Marvel dreams to life in your living room. (Thor vs Wolverine! etc etc). A sort of Top Trumps for superheroes, you'll be feeling heroic yourself once you've made sense of the 44 die in the packet.
£19.99, amazon.co.uk

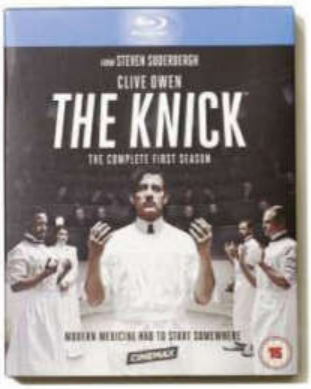
Dead Of Winter
A story-based board game about surviving a post-apocalyptic winter (think blizzards, starvation and the undead), *Dead Of Winter* isn't too far removed from the time you decided it looked a bit 'sketchy' outside and didn't leave the house for 56 hours.
£49.99, amazon.co.uk













11

SWOT UP

ON THESE SHOWS

It might be more miserable than Rick Grimes outside, but a whole host of top-quality TV shows are returning to our screens to make up for it. Just time to get up to speed with these classics, then…

The Walking Dead

The sixth season starts this month, so if you still think this is a show about blokes on extreme diets mumbling 'braaaains', you need to take a long hard look at yourself in the mirror. £27.99, amazon.co.uk

The Knick

Clive Owen gives his best ever performance as a cocaine-addicted New York surgeon in this turn-of-the-century drama. Eve Hewson – AKA Bono's daughter – is another reason to catch up ahead of the season two premiere this month. £25.99, amazon.co.uk

Homeland

Forget about the season three misfire. After the return to form of season four, season five (on your TV right now) moves the action to Berlin. Make sure you know your 'dead drops' from your 'doublespeak' with this boxset of the early seasons. £28.99, amazon.co.uk

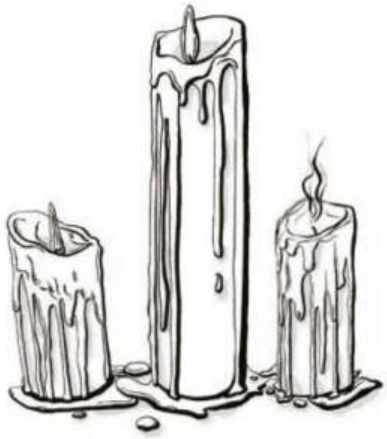
12

HAVE MORE SEX

If you live with your other half, these long, dark nights can turn the bedroom from a sex palace into that place you watch Netflix while eating your bodyweight in crisps.

To reclaim your boudoir, banish all tablets, phones and laptops from the room, leave the angry work-related rants at the office and stock up on candles and massage oil. You'll both be raring to go before you know it.

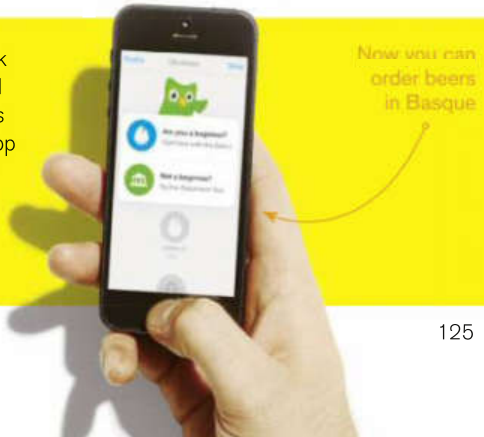
If all else fails, why not both get stuck into the whiskies on page 122?



13

Learn a foreign language

That guy at work's been trying to speak Spanish to you for three weeks, so download Duolingo and get involved. Featuring tutorials on languages from Norwegian to Irish, the app is broken down into bite-size reading, writing and speaking activities and will tell you off if you're having a slack day. *Thar cionn!*
Free on iTunes





Live la vida loca in Madrid

Eat ham and drink lager in Chueca
While English drinkers are being escorted from the bar by 8.30pm on a Friday, Madrid's revellers rarely leave the house before 10pm. *The* place to go is Chueca, a formerly shady area now populated with modern tapas bars, clubs and, er, the odd transvestite prostitute. Great, if that's your thing.

Getting there

01 The 14-hour Eurostar from London St Pancras starts at £101. *loco2.com*

02 Flights start at £29.49 from London Gatwick. *easyjet.com*

03 Alternatively, fly from Manchester from £55. *iberia.com*











Cool down out of town
In summer, Madrid can get a bit, well, oppressively hot. Happily, the city is surrounded by freshwater lakes and pools. Our favourite is the Piscinas de Riosequillo, an hour's drive from the city. (Thanks to Lexus for the smooth ride.)

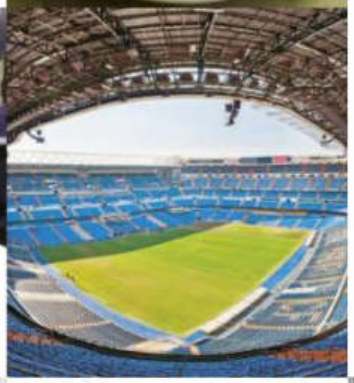


Do tapas properly
Madrid is packed with tapas bars. The best are in the central neighbourhood of La Latina, particularly on the Cava Baja, home to crackers like La Chata and Tempranillo. To taste the best food of your life, order the pimientos rellenos de bacalao (basically, unreal cod-stuffed peppers). Yum.



Sip a cold one on a market roof
While British markets are characterised by their rails of counterfeit football tops, things are a little classier in the Spanish capital. The Mercado San Antonio is crammed with cooked meat stalls, with a rooftop bar where everyone from students to grandmothers congregate for ice-cold beers.







Follow in Becks' footsteps
A guided tour around Real Madrid's Santiago Bernabéu stadium is a must for any football fan. Sit in the dressing room, gape at the European Cups and laugh at Gareth Bale's top knot (subject to availability).





Picnic in paradise
Picnics in Britain are rubbish, with dirt and ants all over the Battenberg. In Madrid, it's all about stocking up on ham, bread and sherry, then strolling down to the beautiful Parque del Retiro. Once you've eaten, work it all off with a spot of rowing on the lake.





WORDS: ANTHONY TEASDALE. PHOTOGRAPHY: ANTHONY TEASDALE, GETTY IMAGES, SHUTTERSTOCK. THE HYBRID LEXUS NX IS THE LATEST ADDITION TO THE LEXUS PORTFOLIO (LEXUS.CO.UK)

The big bang theory

Ready to blast your bonfire night into the stratosphere? We put our eyebrows on the line to set off a near-illegal quantity of fireworks



Sky Storm
We shot down a planet with this and we'd do it again. *£34.92, epicfireworks.com*

Mega
Tasty little rockets with a huge bang. *£24.96, epicfireworks.com*

Emperor
Sort of fizzled out. The Emperor of f'all. *Part of the Kingdom Rocket Pack, £69.98, jordansfireworks.co.uk*

Ball Heads
The loudest thing we've ever heard. Ever. *£14.95, epicfireworks.com*

Snakebite
The big daddy. So impressive, the police came to watch. *£129, brightstaruk.com*

Midnight Storm
Goes off like a WW1 barrage gun. *Part of a selection pack, £100, jordansfireworks.co.uk*

Thunderous Rocket
The perfect size for your garden – these get the job done. *£59.95, epicfireworks.com*

Martian Attack
Lots of noise for a little guy. Like real-life Martians, we imagine. *Part of a selection pack, £100, jordansfireworks.co.uk*



King Rocket
The best thing about your stingy local council's firework display. *Part of the Kingdom Rocket Pack, £69.98, jordansfireworks.co.uk*

Supreme
The wonkiest rockets we've ever seen. *£14.95, epicfireworks.com*

Midnight Mayhem
This fell over and we ran. It looked pretty though. *Part of a selection pack, £100, jordansfireworks.co.uk*

NOW YOU'RE JUST SHOWING OFF

We're all well aware that shooting fireworks out of windows/drainpipes/your behind isn't a good idea. If only someone had told these guys…

THE ROCKET WAR

Every Easter, residents of the Greek island of Chios pile into the small town of Vrontados, where 50,000 rockets are fired at two rival churches 400m apart. As close to a war zone as you can get without joining up.

THE GUINNESS WORLD RECORD

How many fireworks do you need for a solid display? If you're the small Norwegian town of Søgne and feel like celebrating 200 years of your country's constitution, the answer is a casual 540,382, smashing Dubai's previous world record of just 479,651.

THE 30-SECOND EXTRAVAGANZA

In 2010, Pyroworks International Inc fired off 125,801 fireworks in 30 seconds in Cebu in the Philippines. Then everyone sort of stood around for a bit before wandering home until next year.

Enter the code FHM2015 at the checkout for a £10 discount at jordansfireworks.co.uk. Terms and conditions apply.



PHOTOGRAPHY: MARCO VITTUR, SHUTTERSTOCK

Start your own rock band



Persol Typewriter Edition, £188, sunglasses-shop.co.uk

Nothing is cooler than rock 'n' roll. Take some weird but wise advice from one of the best in the business

Few people in 2015 embody the 'wild man of rock' persona as fully as Eagles Of Death Metal frontman Jesse Hughes. In the name of clanging riffs and broken guitar strings, Jesse talks us through taking your band all the way to the big time…

01

ACCEPT NOTHING IS ORIGINAL

"If someone asks if you'd rather sound like Little Richard or Poison, choose Little Richard every time. If you tell me a song I wrote sounds similar to something old, that's a compliment. Pop music is like milk. It ain't new but it's only good when it's fresh."

02

TAKE THE LEAD

"An unshakable rule in rock 'n' roll is that democracy doesn't work. You'll only be successful if it's agreed that the vision of the band is decided by one person. Otherwise, you're setting yourself up for disappointment. My band's a benevolent dictatorship. EODM are the special forces of rock 'n' roll; only the best of the best can join."

03

LISTEN TO YOUR FRIENDS

"Joshua [Homme, Queens Of The Stone Age frontman and EODM drummer] gave me amazing advice on a two-hour drive to rehab. He told me there are three sides to a coin. The two perspectives in any discussion make up each side, but the whole coin is the third side, which is the only thing that matters."

04

KEEP AN EYE ON THE FANS

"Groupies will always return and they often have an unrealistic perspective on reality. Knowing that will protect you from getting hurt. Make sure you give a false address and check into hotels under aliases. I use Dr Cornelius Picklepants and Barnabas Pineapple."



PPC108 Cabinet, £59, orangeamps.com





Micro Terror, £99, orangeamps.com

05

EMBRACE YOUR SUCCESS

"It's about not giving a fuck what an asshole thinks. The whole 'Corporate Rock Still Sucks' thing is so disingenuous. Punk-rock guilt is stupid. Selling out is making a record you don't want to make. Everything else is fine."

06

KEEP THE MOMENTUM

"The Black Sabbath reunion in '97 was devastatingly badass. But if a reunion is just for the audience to have a moment of nostalgia, then all the band has to do is stand there and look familiar. Better to just never break up in the first place. An object in motion stays in motion."

07

LET YOURSELF GO

"If you're in a band, it's because the gods have put their cape around you. Joshua could have taken anyone with him to make a record, but he brought me, and he didn't know he'd found a werewolf that didn't see his first full moon until he was 35. Once I got here I realised I was made for it."

08

PUT ON A SHOW

"My dad used to say there are two types of rock 'n' roll bands. The first are the ones who come out and jerk off for everybody to watch, then there's the band that comes out and fucks everybody in the room. The second option is the key to success."

Maton MS500-LS-BG, £799, guitarvillage.uk.com



Zipper Down *by Eagles Of Death Metal, out now*

Sorry, who?



01 Ever wondered what The Eagles would sound like if they dipped a toe in death metal? That's what Jesse and EODM co-founder Josh Homme asked themselves in 1998. Presumably it wasn't a sober conversation.

02 EODM were sacked from supporting Guns N' Roses in 2006, with Axl Rose calling them "The Pigeons Of Shit Metal". Hughes politely told Rose to "Go fuck himself".

03 A life-long Christian, Hughes became an ordained non-denominational minister in 2012. So if you're looking for a guy with a ginger 'tache to officiate at your wedding…

04 Halfway through speaking to *FHM*, Hughes trailed off into a heavy silence, returning a moment later to inform us he'd just been handed a "powerful form of marijuana". Rock on.

PHOTOGRAPHY: MARCO VITTUR, CHAPMAN BAEHLER

Slash and burn

This scoopy, spoilery British hot hatch is fast enough to make your eyes bleed



01 Unique high-whoofle noise out of the rear pipes. Very Japanese. Cool.

02 Angles. Edges. The Civic has a lot of them.

03 There's full magneto dual-axis strut suspension. (You know what that is, right?)

04 A delicious 2.0-litre four-cylinder direct injection VTEC turbo. Yum.

Honda's Type-R badge has a long, proud history dating back to the racing models of the '90s. Since then, Type-R has become known for turning everyday Hondas into super-desirable road rockets.

To cut a long story short: it's the place where Honda's race car engineering experience sneaks on to the road to cause hell. Its most famous transformation has been the Civic, enhancing the best parts of the car and birthing a hot hatch classic in the process.

There have been previous versions of the Civic Type-R – some more successful than others – but this new one is completely off the scale.

THE BIG QUESTIONS

Has someone been at this car with an axe?
Of all the hot hatch competition out there, this Honda Civic Type-R is unquestionably the maddest and baddest to look at. It's like the designers said, "How about we just see how many scoops and slashes we can get away with?" Every inch seems to have been hacked in one way or another.

Straight out of Japan, huh?
Actually, no – it's straight out of, er, Swindon. The boys down south are doing a damn fine job pumping out these tasty remodels. So good, in fact, that we're actually exporting the Civic Type-R back to Japan.

Is the inside just as mental?
Pretty much – there are huge, high-sided racing seats and Honda's trademark two-level dashboard is stretched out in front of you, which works incredibly well. Better still, when you press the R+ button, the whole thing glows bright red and the oil pressure gauge comes up on the read-out. Basically, it's very cool.

Hang on, what's this R+ button?
Did we not mention that? This Civic Type-R is damn fast, but hit the fat red R+ button and it remaps the throttle, ups the revs and increases the magnet effect on the metal fluid



HONDA CIVIC TYPE-R

PRICE: £29,995
ENGINE: 2.0-litre VTEC turbo
POWER: 310bhp
0-62MPH: 5.7 sec
TOP SPEED: 167 mph
ECONOMY: 38.7mpg

in the suspension to make it firmer – turning it from your standard hot hatch into a proper rocket.

What's under the bonnet?

A 2.0-litre turbo engine, churning out a superb 310bhp. It's supposedly nearly a second slower at 0-60 than a Golf-R, but screw the numbers – this still eats Ford's Focus ST for breakfast. The feel is not so much hot hatch as hyper-hatch. In fact, according to its Nürburgring lap time, it's the world's fastest front-wheel-drive production car. All we know is that driving the new Civic Type-R feels like someone's drained your blood and replaced it with peri-peri sauce. In the best possible way.

What sound am I going to get from all this engineering?

You won't get a deep roar from this car; it's not the Honda way. Instead, the VTEC engine has a characteristic scream and, as you drop your foot, there's a whoosh of the turbo kicking in. It's utterly thrilling and addictive.

So it's pretty good, then?

Hell, yes. This car is so good it's destined to become a future classic. The balance of engine and chassis, the driving pleasure and the dramatic visuals all combine to make one of the most exciting affordable cars on the road today. The team at Honda should be knighted for Services To Motors. God bless 'em. FHM

Which Type-R is for you?



NSX Type-R (1992)
Honda's hugely respected supercar. Only 100 of these were ever made.



Integra Type-R DC2 (1995-2001)
A hugely acclaimed sports coupé that made the world sit up and take notice.



Civic Type-R (2001-2005)
A much-loved hot hatch with a sweet chassis and beautiful handling. A classic.



Civic Type-R FN2 (2007-2014)
Not so loved. Heavier without additional power, the car nevertheless still looks hot.

WORDS: CONOR MCNICHOLAS

Hot advice from a cool girl:

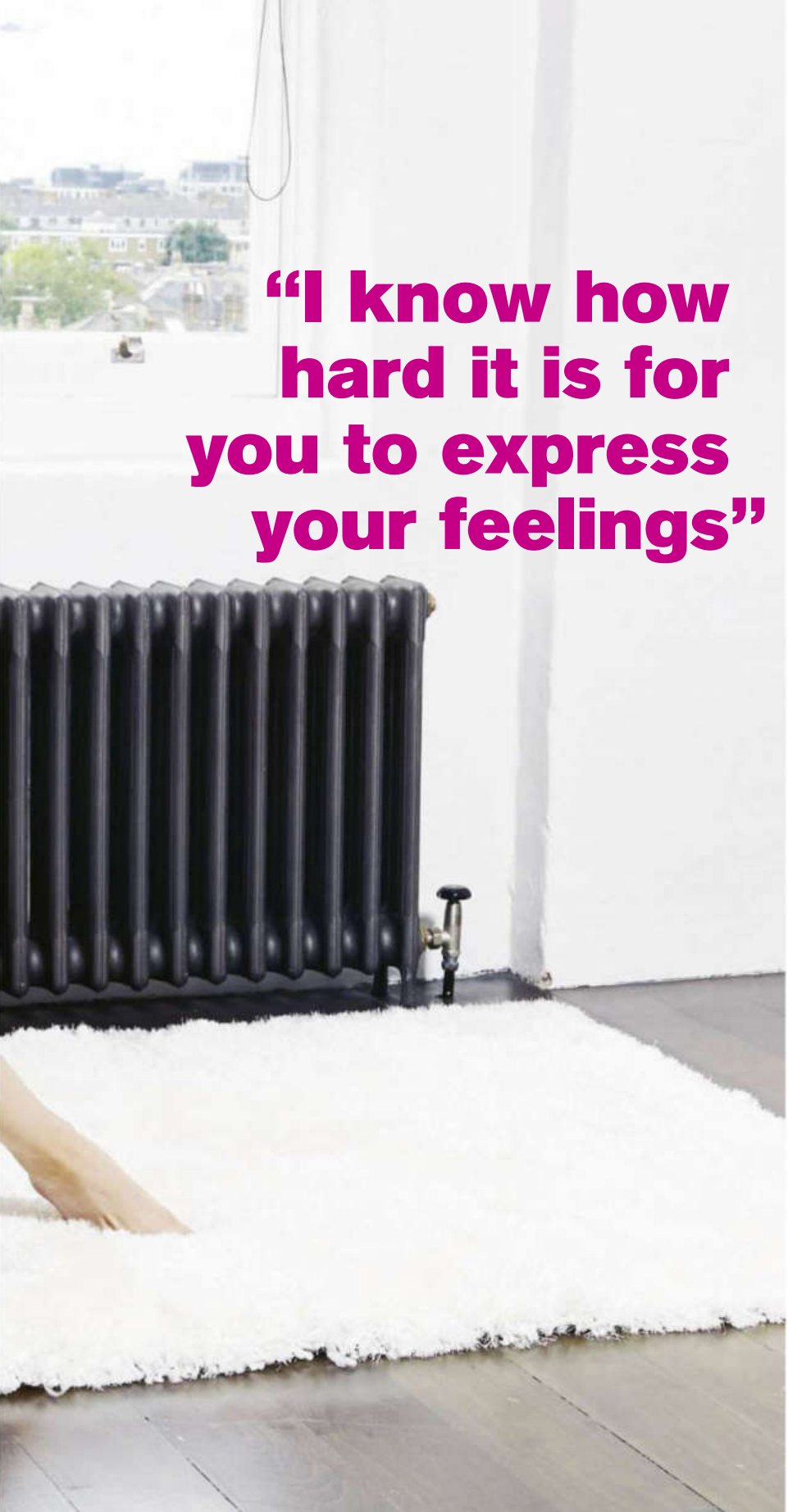
How to throw a sexy Halloween party

FEATURING

Yasmin

31 October is nearly here and things are getting spooky. But how do you know if you've gone too far with your haunted house get-together? Luckily, Yasmin and Girl On The Net are here to hold your hand…

PHOTOGRAPHY: MARSHALL JAMES. STYLING: THOMAS RAMSHAW AT KYLIEGRIFFITHS.CO.UK. HAIR AND MAKE-UP: NATACHA SCHMITT USING CLINIQUE. LINGERIE: I DAGENT BY AGENT PROVOCATEUR



“I know how hard it is for you to express your feelings”

01

She’s come dressed as a sexy nurse and, instead of the usual clichés, you tell her she’s a credit to the National Health Service and deserves a pay rise as well as a generous pension

Yasmin says: Is this a compliment?

Girl On The Net says: If she’s not impressed, any nearby nurses would probably like your number.

FHM says: It’s wordy, but a big step up from, “You must be a nurse because you just cured my erectile dysfunction.”

02

In an attempt at total authenticity, you’ve filled your house with real spiders and frogs

Yasmin says: This is *so* not OK… it sounds more like a nightmare!

Girl On The Net says: 10 out of 10 for effort, zero out of 10 for hotness.

FHM says: Best go for cute puppies, adorable kittens and cuddly daddy longlegs instead.

03

You turn up to the fancy-dress party dressed as her

Yasmin says: Now this is funny, because chances are I came dressed as you.

Girl On The Net says: This is the most hilarious Halloween costume idea I’ve ever heard. Who wrote these scenarios? Will they go out with me?

FHM says: Yes, we will. »



04

You've doctored the Ouija board so that it spells out 'I <3 you'

Yasmin says: I know how hard it is for you to express your feelings, so it's nice to see you making an effort.

Girl On The Net says: Cute idea, but if any other women join in the game, your adorable trick will just spell 'T.R.O.U.B.L.E.'

FHM says: There's a strong chance of possession by demons, and that didn't work out well in *The Exorcist*, did it?

05

You've carved her likeness into a pumpkin

Yasmin says: All we really want is for you to put a little time and effort into something… it shows how much you care.

Girl On The Net says: If you did this for me I would shag you on the spot.

FHM says: Book October off work and get practising.

06

You've given all of your little cousin's sweets to her with a note saying, 'I didn't think you could get any sweeter x'

Yasmin says: I like the thought, but you shouldn't steal from the kids.

Girl On The Net says: Excellent seduction tactic. I am 80 per cent more likely to fancy someone if they give me food.

FHM says: Sweets are bad for children and make them run around like lunatics. Good work.





"All we really want is for you to put a little time into something"

07

You've learned the entire routine to Michael Jackson's *Thriller* and make everyone watch until you get it right

Yasmin says: If you did it once, I'd think you were funny. Making us watch it over and over seems like you're a bit into yourself.

Girl On The Net says: I reckon you'd get a maximum of two attempts before I wandered off to refill my drink. If you're going to do it, you'd better nail it first time.

FHM says: Stick with the Macarena.

08

Your zombie costume is so realistic, the army have set up a biohazard quarantine around the house

Yasmin says: That's cool – it shows you can commit to something and follow it though.

Girl On The Net says: Scientific studies have shown that fear is often linked to arousal. That's one reason we love horror movies. So why not?

FHM says: Whether or not she could survive the inevitable zombie apocalypse should be the first question you ask yourself. If not, walk away.

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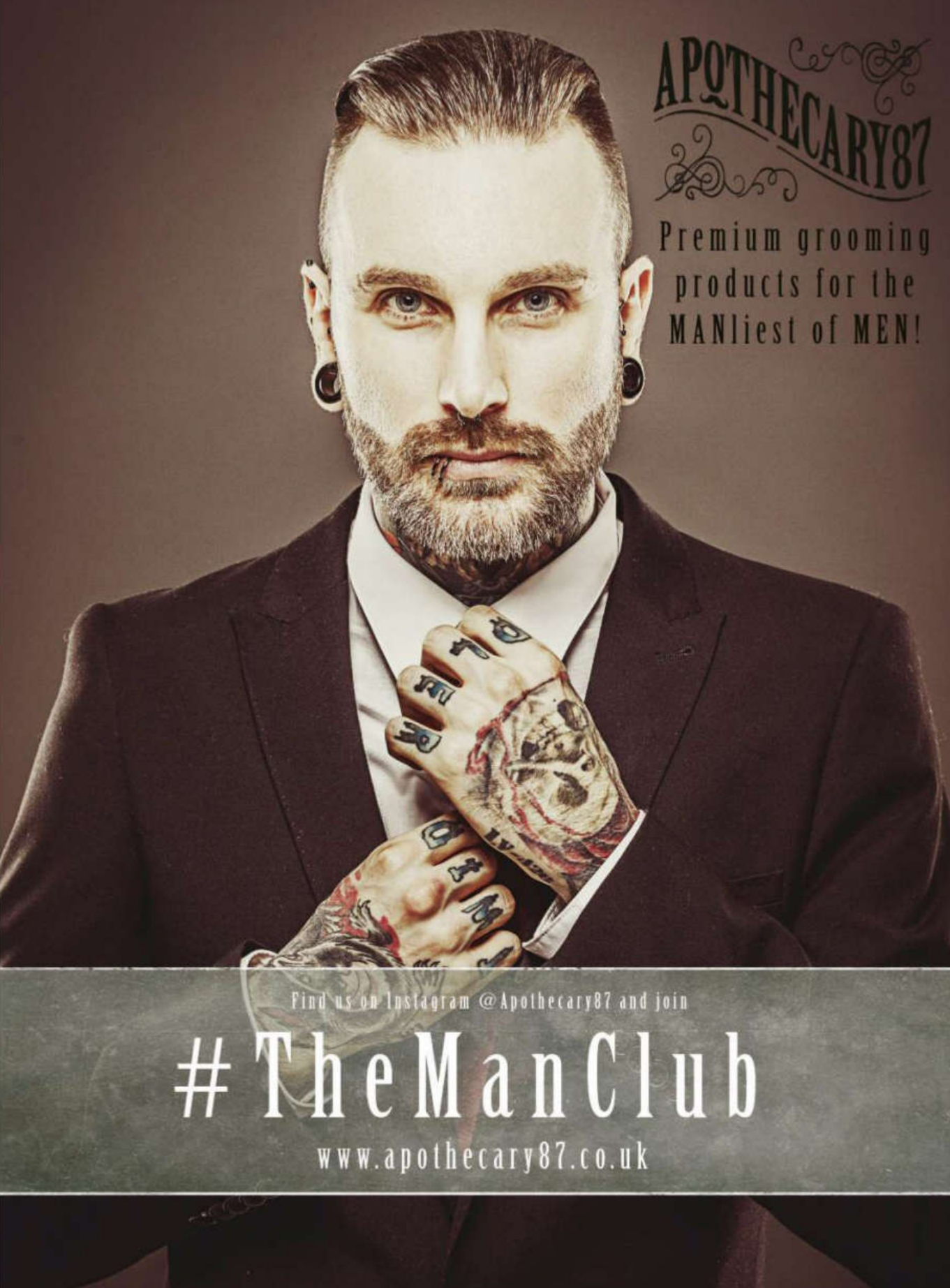
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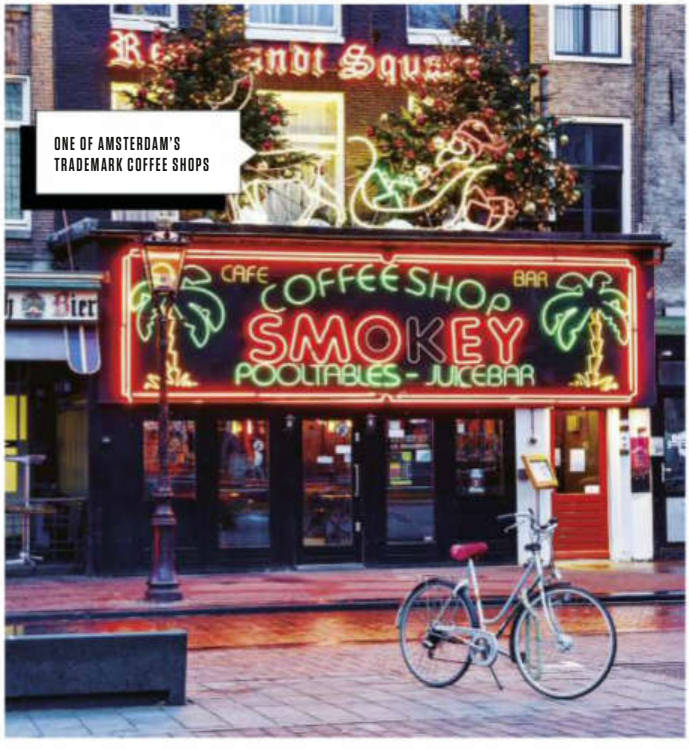


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True story:

"We found ourselves surrounded by armed police shouting and pointing their rifles at us"



ONE OF AMSTERDAM'S TRADEMARK COFFEE SHOPS

On 14 July 2014, Lee Talbot, a rail worker from Hyde, Greater Manchester, took his girlfriend to Amsterdam to celebrate their respective 37th and 40th birthdays.

Like many visitors to Amsterdam, they sampled some of the capital city's legal marijuana.

It was such a relaxing break that upon their return, they immediately booked another holiday to the idyllic Tunisian island of Djerba.

But what they didn't know was that weed can stay in your system for up to six weeks. It was a miscalculation that would land Lee in Tunisia's most notorious and remote desert prison, without trial, for the next eight months…

WE'D HAD A GREAT TIME IN AMSTERDAM. We never used drugs at home, but we thought it'd be a missed opportunity if we didn't sample some of the city's famous cannabis cafes. Two weeks after returning home, we headed to Djerba on the North African coast for a week of sunbathing, horse riding and cocktails. It was total paradise.

On the evening of 1 August, my girlfriend Kirsty and I went for a drink on the island's main tourist drag. We soon got talking to a friendly group of young Tunisian men on mopeds. I was still buzzing from a day of quad biking on the beach and persuaded one of them, a 19-year-old lad called Basam, to give me a 30-second ride on the back of his scooter.

But as I got off the bike, we found ourselves surrounded by armed police in black uniforms, pointing their rifles at us and shouting in Arabic. They began searching Basam's pockets. It was clear they were looking for drugs but they didn't seem interested in us, so we waited to be let go.

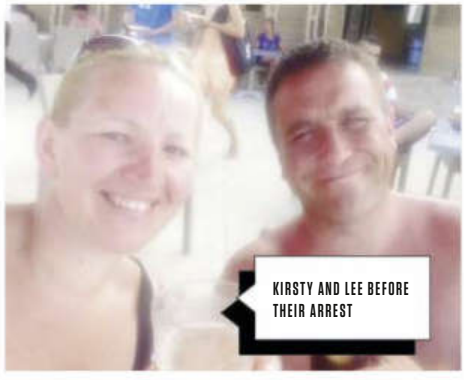
The next thing we knew, we were being bundled into a car and driven to a local police station. "What do you want with us?" I kept asking the police. "We're just on holiday – we haven't done anything." They ignored our pleas and flung us in a bare-walled concrete cell.

KIRSTY HAD GONE INTO SHOCK BY NOW. She was white as a sheet and unable to talk. I just didn't think it was real. After about three hours, an officer came in and told Kirsty to go. I gave her a kiss and said I'd see her back at the hotel.

The officer then asked me just three questions: "Do you smoke hashish? Do you have any hashish? Did you smoke hashish in Tunisia?" My honest answer was no to all three; I hadn't smoked anything since Amsterdam.

After three days, a man and woman came from the British Embassy to tell me I was being charged with consuming cannabis. I couldn't believe what I was hearing. They told me police had found a small bit of hashish on Basam that he said I had given him. The Embassy representatives told me there was nothing they could do and left.

Two days later, I was whisked off in an old clapped-out car to a



KIRSTY AND LEE BEFORE THEIR ARREST





TUNISIAN POLICE BUNDLED THEM INTO A CONCRETE CELL

hospital for a urine test. I was shocked to learn I still had traces of the cannabis we'd smoked in Amsterdam in my system.

Without explanation, I was sent to Harboub prison, six hours away through the desert. I cannot describe the fear I felt at that moment.

There, they shaved my head and led me along a roofless corridor to my cell – a 40x40ft room shared with 100 other men. For the next eight months, this would be my home. My bunk was infested with cockroaches and was 3ft away from the toilet – which was just a stinking hole in the floor. Daily power cuts made the ceiling fans useless.

To my surprise, I never got much trouble from the other inmates. When I first arrived they wanted my clothes, but I stood up for myself and they soon backed off.

WHILE I WAS WAITING TO BE SENTENCED, A CHARITY CALLED PRISONERS ABROAD SENT ME SOME MONEY. That meant I could buy water, paper and a pen. In a place like that, a pen is the most valuable thing a man can own. With no phones, letters are the sole form of communication with the outside world.

By November, three months later, I still hadn't seen a judge and knew nothing of what was happening with my case. The British Foreign Office visited me just twice in that time, despite my regular pleas for help. But they seemed to know even less than I did about what was happening. One of my cellmates told me the best way to see a judge was to go on hunger strike.

So, on 22 December, that's what I did. After 17 days, I was just a husk of a man – emaciated and unable to walk.

On 8 January, the doctor finally wrote a letter to a judge saying he had to see me for fear I'd die.

I went to court on 20 January. My 'trial' lasted five seconds, and was all in Arabic. When I asked the prisoner next to me what had happened, he told me I'd been sentenced to a year in prison and fined 1,000 dinar. I was elated because for the first time, I knew where I stood.

It took another two months before I was released. Within an hour, I was on a plane home. FHM

What happened next?

01 Lee later learned that he had been released early by presidential pardon as part of a special amnesty for foreign prisoners in Tunisia.

02 Lee is angry with the British Foreign Office, who he says "abandoned" him and left him to his fate, offering little or no support, and refusing his requests for visits.

03 Six months later, he still has nightmares about the time he spent in jail.

WORDS: MATT BLAKE. PHOTOGRAPHY: PA PHOTOS, SHUTTERSTUCK. FOR MORE INFORMATION VISIT PRISONERSABROAD.ORG.UK

THE FINAL COUNTDOWN

10 THINGS THAT ARE WAY BETTER IN THE DARK



10

Watching a storm

Mother Nature knows how to put on a spectacle, so the least you can do is show her a bit of respect by watching awesome storms in all their glory. Plus, we're never quite sure if the telly will blow up.

09

Having sex

Avoid awkward questions like, "What's wrong with your face?" and "Why are you putting that there?" by popping the light off during hanky-panky.

08

Being at a festival

During the day you're Dr Jekyll, waiting patiently for your £6 cider in a straw hat. But when the sun goes down, Mr Hyde comes out to play. Before you know it, you're standing astride two dodgems and downing a yard of Jägermeister.

07

Anything illegal

If the *Home Alone* films have taught us anything, it's that darkness is the best time to pull off a heist. Feverishly downloading *Game Of Thrones* as you look over your shoulder feels 10 times more exhilarating when done via the lonely glow of your laptop screen. (Apparently.)

06

Going to a theme park

In summer, you're paying £40 to queue up all day with a load of kids, but on a crisp autumn night you're transported to a magical land where it's OK to drink cans of Red Stripe on the River Rapids, and the haunted house is actually a bit scary.

05

Eating everything

With the pressures of getting a 'summer body' long forgotten, winter is about piling on the insulation by knocking off an entire apple pie with every meal. Not only will it save you having to buy a winter coat, but the resulting diabetes will give you something to talk to your gran about.

04

Having a bonfire

In the daytime it's just a fire, but at night you can contemplate life in the depths of the flames, toast marshmallows and invite all your mates to your garden so their clothes stink of smoke for a week.

03

Swimming

Baldy REM singer Michael Stipe is so fond of a nocturnal pool dip he penned a song about it. Shrinkage issues aside, there is something pretty special about taking a swim with just the stars as your guide. Shame about the pneumonia, though.

02

Being hungover

"Pop the light on so I can see just how grey my face is," said no one, ever. Hangovers are best spent in darkness, avoiding loud noises and making the occasional grubby transaction with the Domino's delivery man.

01

Sleeping

As lovely as summer is, it can eff off when it comes to getting a good night's sleep. Birds at dawn? Sun burning your delicate eyes at 5am? Oh how you long for the sweet embrace of darkness…

WORDS: SIMON CUNNINGHAM. PHOTOGRAPHY: REX FEATURES

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